






POCAHONTAS COUNTY TRACK RECORDS

LADY WARRIORS

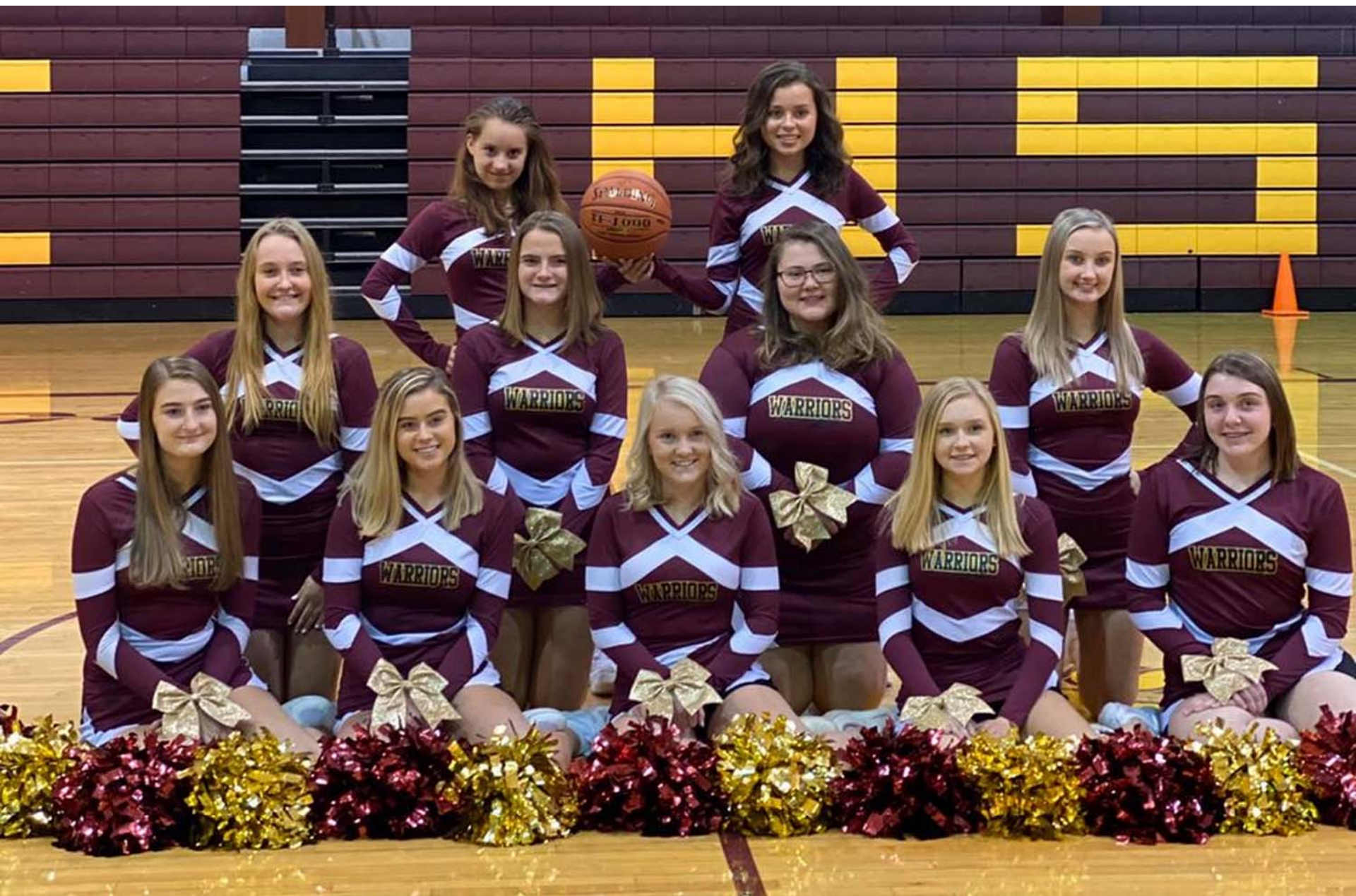
EVENT	NAME	TIME
100 Yards	Michelle Williams	1:45.0
200 Yards	Michelle Williams	3:10.0
400 Yards	Michelle Williams	6:30.0
800 Yards	Bridget Carroll	13:00.0
1600 Yards	Cheryl Woodruff	26:00.0
3200 Yards	Adrienne Nottingham	51:00.0
6400 Yards	Adrienne Nottingham	1:00:00.0
12800 Yards	Tasha Combs	2:01:00.0
25600 Yards	Tasha Combs	4:01:30.0
51200 Yards	Cara Woodruff	8:00:00.0
102400 Yards	Laura Combs	16:00:00.0
204800 Yards	Laura Combs	32:00:00.0
409600 Yards	Erin Jones	64:00:00.0
819200 Yards	Laura Combs	128:00:00.0
1638400 Yards	Adrian Jones	256:00:00.0
3276800 Yards	Adrian Jones	512:00:00.0
6553600 Yards	Adrian Jones	1024:00:00.0
13107200 Yards	Adrian Jones	2048:00:00.0
26214400 Yards	Adrian Jones	4096:00:00.0
52428800 Yards	Adrian Jones	8192:00:00.0
104857600 Yards	Adrian Jones	16384:00:00.0

POCAHONTAS COUNTY TRACK RECORDS			
LAST WEEKEND			
		TIME	
Michelle Robinson	4:14.0	100M JUMP	
G. Smoots/Smiley	14:15.0	HIGH JUMP	
Michelle Williams	27.9	SHOTPUT	
Bridget Carroll	199.7	DISCUS	
Cherylis Woodard	12.06	100 M	
Adrienne Nottingham	35.0	200 M	
Adrienne Nottingham	59.0	400 M	
Tasha Corcoran	2:01.85	800 M	
Tasha Corcoran	4:19.30	1,600 M	
Tasha Corcoran	7:19.30	2,400 M	
LaSha Corcoran		400 M BURGLES	
LaSha Corcoran		4 X 100 M	
Stephie Smith		4 X 200 M	
LaSha Corcoran		4 X 400 M	
Adrian Smith		4 X 800 M	
4 Girls, 300 Yds.		4 X 1,600 M	
4 Girls, 400 Yds.		4 X 3,200 M	

POCAHONTAS
TR



Albert P...
Jeff F...
Bowie C...
Ryan I...
Johnny B...
David P...
David E...
Randy F...
Randy F...
Alie K...
Nathan B...
Nathan U...
Charley K...
Robert M...
Santino T...
Santo, S...
I. Jane S...
Michael, S...





POCAHONTAS COUNTY TRACK RECORDS

LADY WARRIORS

Event	Name	Time
-------	------	------

100m	Madison Anderson	1:47.1
200m	A. Henderson	4:17.0
400m	Madison Anderson	2:07.0
800m	Madison Anderson	5:07.0
1600m	Madison Anderson	10:07.0
3200m	Madison Anderson	20:07.0
6400m	Madison Anderson	40:07.0
12800m	Madison Anderson	80:07.0
25600m	Madison Anderson	160:07.0
51200m	Madison Anderson	320:07.0
102400m	Madison Anderson	640:07.0
204800m	Madison Anderson	1280:07.0
409600m	Madison Anderson	2560:07.0
819200m	Madison Anderson	5120:07.0
1638400m	Madison Anderson	10240:07.0
3276800m	Madison Anderson	20480:07.0
6553600m	Madison Anderson	40960:07.0
13107200m	Madison Anderson	81920:07.0
26214400m	Madison Anderson	163840:07.0
52428800m	Madison Anderson	327680:07.0
104857600m	Madison Anderson	655360:07.0
209715200m	Madison Anderson	1310720:07.0
419430400m	Madison Anderson	2621440:07.0
838860800m	Madison Anderson	5242880:07.0
1677721600m	Madison Anderson	10485760:07.0
3355443200m	Madison Anderson	20971520:07.0
6710886400m	Madison Anderson	41943040:07.0
13421772800m	Madison Anderson	83886080:07.0
26843545600m	Madison Anderson	167772160:07.0
53687091200m	Madison Anderson	335544320:07.0
107374182400m	Madison Anderson	671088640:07.0
214748364800m	Madison Anderson	1342177280:07.0
429496729600m	Madison Anderson	2684354560:07.0
858993459200m	Madison Anderson	5368709120:07.0
1717986918400m	Madison Anderson	10737418240:07.0
3435973836800m	Madison Anderson	21474836480:07.0
6871947673600m	Madison Anderson	42949672960:07.0
13743895347200m	Madison Anderson	85899345920:07.0
27487790694400m	Madison Anderson	171798691840:07.0
54975581388800m	Madison Anderson	343597383680:07.0
109951162777600m	Madison Anderson	687194767360:07.0
219902325555200m	Madison Anderson	1374389534720:07.0
439804651110400m	Madison Anderson	2748779069440:07.0
879609302220800m	Madison Anderson	5497558138880:07.0
1759218604441600m	Madison Anderson	109951162777600:07.0
3518437208883200m	Madison Anderson	219902325555200:07.0
7036874417766400m	Madison Anderson	439804651110400:07.0
14073748835532800m	Madison Anderson	879609302220800:07.0
28147497671065600m	Madison Anderson	1759218604441600:07.0
56294995342131200m	Madison Anderson	3518437208883200:07.0
112589990684262400m	Madison Anderson	7036874417766400:07.0
225179981368524800m	Madison Anderson	14073748835532800:07.0
450359962737049600m	Madison Anderson	28147497671065600:07.0
900719925474099200m	Madison Anderson	56294995342131200:07.0
1801439850948198400m	Madison Anderson	112589990684262400:07.0
3602879701896396800m	Madison Anderson	225179981368524800:07.0
7205759403792793600m	Madison Anderson	450359962737049600:07.0
14411518807585587200m	Madison Anderson	900719925474099200:07.0
28823037615171174400m	Madison Anderson	1801439850948198400:07.0
57646075230342348800m	Madison Anderson	3602879701896396800:07.0
115292150460684697600m	Madison Anderson	7205759403792793600:07.0
230584300921369395200m	Madison Anderson	14411518807585587200:07.0
461168601842738790400m	Madison Anderson	28823037615171174400:07.0
922337203685477580800m	Madison Anderson	57646075230342348800:07.0
1844674407370955161600m	Madison Anderson	115292150460684697600:07.0
3689348814741910323200m	Madison Anderson	230584300921369395200:07.0
7378697629483820646400m	Madison Anderson	461168601842738790400:07.0
14757395258967641292800m	Madison Anderson	922337203685477580800:07.0
29514790517935282585600m	Madison Anderson	1844674407370955161600:07.0
59029581035870565171200m	Madison Anderson	3689348814741910323200:07.0
118059162071741130342400m	Madison Anderson	7378697629483820646400:07.0
236118324143482260684800m	Madison Anderson	14757395258967641292800:07.0
472236648286964521369600m	Madison Anderson	29514790517935282585600:07.0
944473296573929042739200m	Madison Anderson	59029581035870565171200:07.0
1888946593147858085478400m	Madison Anderson	118059162071741130342400:07.0
3777893186295716170956800m	Madison Anderson	236118324143482260684800:07.0
7555786372591432341913600m	Madison Anderson	472236648286964521369600:07.0
15111572745182864683827200m	Madison Anderson	944473296573929042739200:07.0
30223145490365729367654400m	Madison Anderson	1888946593147858085478400:07.0
60446290980731458735308800m	Madison Anderson	3777893186295716170956800:07.0
120892581961462917470617600m	Madison Anderson	7555786372591432341913600:07.0
24178516392292583494123200m	Madison Anderson	15111572745182864683827200:07.0
48357032784585166988246400m	Madison Anderson	30223145490365729367654400:07.0
96714065569170333976492800m	Madison Anderson	60446290980731458735308800:07.0
193428131138340667952985600m	Madison Anderson	120892581961462917470617600:07.0
386856262276681335905971200m	Madison Anderson	24178516392292583494123200:07.0
773712524553362671811942400m	Madison Anderson	48357032784585166988246400:07.0
1547425049106725343623884800m	Madison Anderson	96714065569170333976492800:07.0
3094850098213450687247769600m	Madison Anderson	193428131138340667952985600:07.0
6189700196426901374495539200m	Madison Anderson	386856262276681335905971200:07.0
12379400392853802748991078400m	Madison Anderson	773712524553362671811942400:07.0
24758800785707605497982156800m	Madison Anderson	1547425049106725343623884800:07.0
49517601571415210995964313600m	Madison Anderson	3094850098213450687247769600:07.0
99035203142830421991928627200m	Madison Anderson	6189700196426901374495539200:07.0
198070406285660843983857254400m	Madison Anderson	12379400392853802748991078400:07.0
396140812571321687967714508800m	Madison Anderson	24758800785707605497982156800:07.0
792281625142643375935429017600m	Madison Anderson	49517601571415210995964313600:07.0
1584563250285286751870858035200m	Madison Anderson	99035203142830421991928627200:07.0
3169126500570573503741716070400m	Madison Anderson	198070406285660843983857254400:07.0
6338253001141147007483432140800m	Madison Anderson	396140812571321687967714508800:07.0
12676506002282294014966864281600m	Madison Anderson	792281625142643375935429017600:07.0
25353012004564588029933728563200m	Madison Anderson	1584563250285286751870858035200:07.0
50706024009129176059867457126400m	Madison Anderson	3169126500570573503741716070400:07.0
101412048018258352119734914252800m	Madison Anderson	6338253001141147007483432140800:07.0
202824096036516704239469828505600m	Madison Anderson	12676506002282294014966864281600:07.0
405648192073033408478939657011200m	Madison Anderson	25353012004564588029933728563200:07.0
811296384146066816957879314022400m	Madison Anderson	50706024009129176059867457126400:07.0
1622592768292133633915558628044800m	Madison Anderson	101412048018258352119734914252800:07.0
3245185536584267267831117256089600m	Madison Anderson	202824096036516704239469828505600:07.0
6490371073168534535662234512179200m	Madison Anderson	405648192073033408478939657011200:07.0
12980742146337069071324469024358400m	Madison Anderson	811296384146066816957879314022400:07.0
25961484292674138142648938048716800m	Madison Anderson	1622592768292133633915558628044800:07.0
51922968585348276285297876097433600m	Madison Anderson	3245185536584267267831117256089600:07.0
103845937170696552570595752194867200m	Madison Anderson	6490371073168534535662234512179200:07.0
207691874341393105141191504389734400m	Madison Anderson	12980742146337069071324469024358400:07.0
415383748682786210282383008779468800m	Madison Anderson	25961484292674138142648938048716800:07.0
830767497365572420564766017558937600m	Madison Anderson	51922968585348276285297876097433600:07.0
1661534994731144841129532035117875200m	Madison Anderson	103845937170696552570595752194867200:07.0
3323069989462289682259064070235750400m	Madison Anderson	207691874341393105141191504389734400:07.0
664613997892457936451812814051500800m	Madison Anderson	415383748682786210282383008779468800:07.0
1329227995784915872903625628103001600m	Madison Anderson	830767497365572420564766017558937600:07.0
2658455991569831745807251256206003200m	Madison Anderson	1661534994731144841129532035117875200:07.0
5316911983139663491601502512412006400m	Madison Anderson	3323069989462289682259064070235750400:07.0
10633823966279326983203005024824012800m	Madison Anderson	664613997892457936451812814051500800:07.0
21267647932558653966406010049648025600m	Madison Anderson	1329227995784915872903625628103001600:07.0
42535295865117307932812020099296051200m	Madison Anderson	2658455991569831745807251256206003200:07.0
85070591730234615865624040198592102400m	Madison Anderson	5316911983139663491601502512412006400:07.0
170141183460469237731248080397184204800m	Madison Anderson	10633823966279326983203005024824012800:07.0
340282366920938475462496160794368409600m	Madison Anderson	21267647932558653966406010049648025600:07.0
680564733841876950924992321588736819200m	Madison Anderson	42535295865117307932812020099296051200:07.0
1361129467683753901849984643177473638400m	Madison Anderson	85070591730234615865624040198592102400:07.0
2722258935367507803699969286354947276800m	Madison Anderson	170141183460469237731248080397184204800:07.0
5444517870735015607399938572709894553600m	Madison Anderson	340282366920938475462496160794368409600:07.0
10889035741470031214799877145419789107200m	Madison Anderson	680564733841876950924992321588736819200:07.0
217780714829400624295995085816791564800m	Madison Anderson	1361129467683753901849984643177473638400:07.0
435561429658801248591995085816791564800m	Madison Anderson	2722258935367507803699969286354947276800:07.0
871122859317602497183990171633583129600m	Madison Anderson	5444517870735015607399938572709894553600:07.0
1742245718635204993667980343267166259200m	Madison Anderson	10889035741470031214799877145419789107200:07.0
3484491437270409987335960686534332518400m	Madison Anderson	217780714829400624295995085816791564800:07.0
6968982874540819974671921373068665036800m	Madison Anderson	435561429658801248591995085816791564800:07.0
1393796574908163994934384274613730073600m	Madison Anderson	871122859317602497183990171633583129600:07.0
2787593149816327989868768549227460147200m	Madison Anderson	1742245718635204993667980343267166259200:07.0
5575186299632655979737537098454920294400m	Madison Anderson	3484491437270409987335960686534332518400:07.0
11150372599265311959475074196909840588800m	Madison Anderson	6968982874540819974671921373068665036800:07.0
22300745198530623918950148393819681177600m	Madison Anderson	1393796574908163994934384274613730073600:07.0
44601490377061247837900296787639362355200m	Madison Anderson	2787593149816327989868768549227460147200:07.0
89202980754122495675800593575278724710400m	Madison Anderson	5575186299632655979737537098454920294400:07.0
178405961508244991351601181150574484220800m	Madison Anderson	11150372599265311959475074196909840588800:07.0
356811923016489982703202362301148868441600m	Madison Anderson	22300745198530623918950148393819681177600:07.0
713623846032979965406404724602297736883200m	Madison Anderson	44601490377061247837900296787639362355200:07.0
1427247692065959930812809449204595473766400m	Madison Anderson	89202980754122495675800593575278724710400:07.0
2854495384131919861625618998409190947200m	Madison Anderson	178405961508244991351601181150574484220800:07.0
5708990768263839723251237996818381894400m	Madison Anderson	356811923016489982703202362301148868441600:07.0
11417981536527679446502475993636763788800m	Madison Anderson	713623846032979965406404724602297736883200:07.0
22835963073055358893004951987273527577600m	Madison Anderson	1427247692065959930812809449204595473766400:07.0
45671926146110717786009903974547055155200m	Madison Anderson	285449538413191986162561899840919094720

GO WARRIORS			
HOME		VISITOR	
BONUS	PERIOD	BONUS	
FOULS	PLAYER FOULS	FOULS	
WIN	MATCH	WIN	
ASSISTANT	MANAGED BY	DATE	SCORE
	<i>Ryder's</i>		

WARRIOR TERRITORY

POCAHONTAS COUNTY TRACK RECORDS	
LAST YEAR	
NAME	TIME
100 Yards	1:45.0
200 Yards	3:45.0
400 Yards	8:45.0
800 Yards	18:45.0
1600 Yards	38:45.0
3200 Yards	78:45.0
6400 Yards	158:45.0
12800 Yards	318:45.0
25600 Yards	638:45.0
51200 Yards	1278:45.0
102400 Yards	2558:45.0
204800 Yards	5118:45.0
409600 Yards	10238:45.0
819200 Yards	20478:45.0
1638400 Yards	40958:45.0
3276800 Yards	81918:45.0
6553600 Yards	163838:45.0
13107200 Yards	327678:45.0
26214400 Yards	655358:45.0
52428800 Yards	1310718:45.0
104857600 Yards	2621438:45.0
209715200 Yards	5242878:45.0
419430400 Yards	10485758:45.0
838860800 Yards	20971518:45.0
1677721600 Yards	41943038:45.0
3355443200 Yards	83886078:45.0
6710886400 Yards	167772158:45.0
13421772800 Yards	335544318:45.0
26843545600 Yards	671088638:45.0
53687091200 Yards	1342177258:45.0
107374182400 Yards	2684354518:45.0
214748364800 Yards	5368709138:45.0
429496729600 Yards	10737418258:45.0
858993459200 Yards	21474836518:45.0
1717986918400 Yards	42949672938:45.0
3435973836800 Yards	85899345858:45.0
6871947673600 Yards	171798691658:45.0
13743895347200 Yards	343597383358:45.0
27487790694400 Yards	687194766658:45.0
54975581388800 Yards	1374389533358:45.0
109951162777600 Yards	2748779066658:45.0
219902325555200 Yards	5497558133358:45.0
439804651110400 Yards	1099511626658:45.0
879609302220800 Yards	2199023253358:45.0
1759218604441600 Yards	4398046516658:45.0
3518437208883200 Yards	8796093023358:45.0
7036874417766400 Yards	1759218606658:45.0
14073748835532800 Yards	3518437203358:45.0
28147497671065600 Yards	7036874416658:45.0
56294995342131200 Yards	1407374883358:45.0
112589990684262400 Yards	2814749766658:45.0
225179981368524800 Yards	5629499533358:45.0
450359962737049600 Yards	1125899906658:45.0
900719925474099200 Yards	2251799813358:45.0
1801439850948198400 Yards	4503599626658:45.0
3602879701896396800 Yards	9007199253358:45.0
7205759403792793600 Yards	18014398506658:45.0
14411518807585587200 Yards	3602879703358:45.0
28823037615171174400 Yards	7205759406658:45.0
57646075230342348800 Yards	1441151883358:45.0
115292150460684697600 Yards	2882303766658:45.0
230584300921369395200 Yards	5764607523358:45.0
461168601842738790400 Yards	1152921506658:45.0
922337203685477580800 Yards	2305843003358:45.0
1844674407370955161600 Yards	4611686016658:45.0
3689348814741910323200 Yards	9223372033358:45.0
7378697629483820646400 Yards	1844674406658:45.0
14757395258967641292800 Yards	3689348813358:45.0
29514790517935282585600 Yards	7378697626658:45.0
59029581035870565171200 Yards	1475739523358:45.0
118059162071741130342400 Yards	2951479056658:45.0
236118324143482260684800 Yards	5902958103358:45.0
472236648286964521369600 Yards	11805916206658:45.0
944473296573929042739200 Yards	2361183243358:45.0
1888946593147858085478400 Yards	4722366486658:45.0
3777893186295716170956800 Yards	9444732963358:45.0
7555786372591432341913600 Yards	18889465906658:45.0
15111572745182864683827200 Yards	3777893183358:45.0
30223145490365729367654400 Yards	7555786376658:45.0
60446290980731458735308800 Yards	1511157273358:45.0
120892581961462917470617600 Yards	3022314546658:45.0
241785163922925834941235200 Yards	6044629093358:45.0
483570327845851669882470400 Yards	1208925816658:45.0
967140655691703339764940800 Yards	2417851633358:45.0
1934281311383406679529881600 Yards	4835703276658:45.0
3868562622766813359059763200 Yards	9671406553358:45.0
7737125245533626718119526400 Yards	1934281316658:45.0
15474250491067253436239052800 Yards	3868562623358:45.0
30948500982134506872478105600 Yards	7737125243358:45.0
61897001964269013744956211200 Yards	1547425046658:45.0
123794003928538027489912422400 Yards	3094850093358:45.0
247588007857076054979824844800 Yards	6189700196658:45.0
495176015714152109959649689600 Yards	1237940036658:45.0
990352031428304219919299379200 Yards	2475880073358:45.0
1980704062856608439838598758400 Yards	4951760156658:45.0
3961408125713216879677197516800 Yards	9903520313358:45.0
7922816251426433759354395033600 Yards	1980704066658:45.0
15845632502852867518708790067200 Yards	3961408123358:45.0
31691265005705735037417580134400 Yards	7922816253358:45.0
63382530011411470074835160268800 Yards	15845632506658:45.0
126765060022822940149670320537600 Yards	31691265003358:45.0
253530120045645880299340641075200 Yards	63382530006658:45.0
507060240091291760598681282150400 Yards	12676506003358:45.0
1014120480182583521197362564300800 Yards	25353012006658:45.0
2028240960365167042394725128601600 Yards	50706024003358:45.0
4056481920730334084789450257203200 Yards	101412048006658:45.0
8112963841460668169578900514406400 Yards	20282409603358:45.0
16225927682921336339157801028812800 Yards	40564819206658:45.0
32451855365842672678315602057625600 Yards	81129638403358:45.0
64903710731685345356631204115251200 Yards	162259276806658:45.0
129807421463370690713262408230502400 Yards	32451855363358:45.0
259614842926741381426524816461004800 Yards	64903710706658:45.0
519229685853482762853049632922009600 Yards	12980742143358:45.0
1038459371706965525706099265844019200 Yards	25961484296658:45.0
2076918743413931051412198531688038400 Yards	51922968583358:45.0
4153837486827862102824397063376076800 Yards	10384593716658:45.0
8307674973655724205648794126752153600 Yards	20769187433358:45.0
16615349947311448411297588253504307200 Yards	41538374866658:45.0
33230699894622896822595176507008614400 Yards	83076749733358:45.0
66461399789245793645190353014017228800 Yards	16615349946658:45.0
132922799578491587290380706028034457600 Yards	33230699783358:45.0
265845599156983174580761412056068915200 Yards	66461399786658:45.0
531691198313966349161522824112137830400 Yards	13292279916658:45.0
1063382396627932698323045648224275660800 Yards	26584559913358:45.0
2126764793255865396646091296448551321600 Yards	53169119836658:45.0
4253529586511730793292182592897102643200 Yards	10633823966658:45.0
8507059173023461586584365185794205286400 Yards	21267647933358:45.0
17014118346046923173168730371588410572800 Yards	42535295866658:45.0
34028236692093846346337460743176821145600 Yards	85070591733358:45.0
68056473384187692692674921486353642291200 Yards	17014118346658:45.0
136112946768375385385349842972707284582400 Yards	34028236693358:45.0
272225893536750770770699685945414569164800 Yards	68056473386658:45.0
544451787073501541541399371890829138329600 Yards	13611294676658:45.0
1088903574147003083082798743781658276659200 Yards	27222589353358:45.0
2177807148294006166165597487563316553318400 Yards	54445178706658:45.0
4355614296588012332331194975126633106636800 Yards	108890357406658:45.0
8711228593176024664662389950253266213273600 Yards	21778071483358:45.0
17422457186352049329324779900506532426547200 Yards	43556142966658:45.0
34844914372704098658649559801013064853094400 Yards	87112285933358:45.0
69689828745408197317299119602026129706188800 Yards	17422457186658:45.0
139379657490816394634598239204052259412377600 Yards	34844914373358:45.0
278759314981632789269196478408104518824755200 Yards	69689828746658:45.0
557518629963265578538392956816209037649510400 Yards	139379657493358:45.0
1115037259926531157076785913632418075299020800 Yards	278759314986658:45.0
2230074519853062314153571827264836150598041600 Yards	55751862996658:45.0
4460149039706124628307143654529672301196083200 Yards	111503725993358:45.0
8920298079412249256614287309059344602392166400 Yards	223007451986658:45.0
17840596158824498513228574618118689204784332800 Yards	446014903973358:45.0
35681192317648997026457149236237378409568665600 Yards	89202980796658:45.0
71362384635297994052914298472474756819137331200 Yards	178405961583358:45.0
142724769270595988105828596944949513638274662400 Yards	356811923176658:45.0
285449538541191976211657193889899027276549324800 Yards	713623846353358:45.0
570899077082383952423314387779798054553098649600 Yards	1427247692706658:45.0
1141798154164767904846628775559596109106197299200 Yards	285449538543358:45.0
2283596308329535809693257551119192218212394595200 Yards	570899077086658:45.0
4567192616659071619386515102238384436424789190400 Yards	1141798154163358:45.0
9134385233318143238773030204476768872849578380800 Yards	228359630833358:45.0
18268770466636286477546060408953537745699156761600 Yards	456719261666658:45.0
36537540933272572955092120817907075491398313523200 Yards	91343852333358:45.0
73075081866545145910184241635814150982796627046400 Yards	182687704666658:45.0
146150163733090291820368483271628301965593254092800 Yards	365375409333358:45.0
292300327466180583640736966543256603931186508185600 Yards	730750818666658:45.0
584600654932361167281473933086513207862373016371200 Yards	146150163733358:45.0
1169201309864722334562947866173026415724746032742400 Yards	292300327466658:45.0
2338402619729444669125895732346052831449492065484800 Yards	584600654933358:45.0
4676805239458889338251791464692105662898984130979200 Yards	116920130986658:45.0
9353610478917778676503582929384211325797968261958400 Yards	233840261973358:45.0
18707220957835557353007165858768422651595936523916800 Yards	467680523943358:45.0
37414441915671114706014331717536845303191873047833600 Yards	935361047896658:45.0
74828883831342229412028663435073690606383746095667200 Yards	187072209573358:45.0
149657767662684458824057326870147381212767492191334400 Yards	374144419156658:45.0
299315535325368917648114653740294762425534984382668800 Yards	748288838313358:45.0
598631070650737835296229307480589524851069888765337600 Yards	149657767666658:45.0
1197262141301475670592458614961179049702139777530675200 Yards	299315535323358:45.0
2394524282602951341184917229922358099404279555061350400 Yards	598631070653358:45.0
4789048565205902682369834459844716198808559110122700800 Yards	1197262141303358:45.0
9578097130411805364739668919689432397617118220245401600 Yards	239452428260658:45.0
191561942608236107294793378393788647952342364404908800 Yards	4789048565203358:45.0
383123885216472214589586756787577295904684728809817600 Yards	957809713043358:45.0
766247770432944429179173513575154591809369457619635200 Yards	1915619426



NOVEMBER 2019

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

DECEMBER 2019

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

JANUARY 2020

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

FEBRUARY 2020

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29



**POCAHONTAS COUNTY
HIGH SCHOOL
WINTER SPORTS 2019-20**



CAMP TWIN CREEKS

1-800-451-8806

www.camptwincreeks.com



CAMP TWIN CREEKS

1-800-451-8806

www.camptwincreeks.com

BOYS' BASKETBALL 2019-20

<u>DATE</u>	<u>OPPONENT</u>	<u>SITE</u>
12/11	MOOREFIELD	HOME
12/13	MIDLAND TRAIL	HOME
12/16	GREENBRIER WEST	HOME
12/20	TUCKER CO.	AWAY
1/3	NEW RIVER CTC INV.	B-RCCC
1/7	RICHWOOD	AWAY
1/10	GREENBRIER WEST	AWAY
1/14	MEADOW BRIDGE	HOME
1/17	HARMAN	AWAY
1/22	TYGARTS VALLEY	HOME
1/24	MIDLAND TRAIL	AWAY
1/27	PENDLETON CO.	HOME
1/29	MOOREFIELD	AWAY
1/31	RIVERSIDE	HOME
2/4	ELKINS	HOME
2/6	MEADOW BRIDGE	AWAY
2/8	RIVERSIDE	AWAY
2/12	TUCKER CO.	HOME
2/18	RICHWOOD	HOME
2/20	PENDLETON CO.	AWAY
2/21	JAMES MONROE	HOME
2/26	TYGARTS VALLEY	AWAY

GIRLS' BASKETBALL 2019-20

<u>DATE</u>	<u>OPPONENT</u>	<u>SITE</u>
12/3	ALLEGHANY	AWAY
12/5	PENDLETON CO.	AWAY
12/10	GREENBRIER WEST	HOME
12/13	TYGARTS VALLEY	AWAY
12/18	RICHWOOD	HOME
12/19	ALLEGHANY	HOME
12/21	SUMMERS CO.	AWAY
12/27	HERBERT HOOVER	P.BURGC
12/28	P.BURG C. OR LIBERTY	P.BURGC
1/3	MIDLAND TRAIL	HOME
1/6	JAMES MONROE	AWAY
1/10	SUMMERS CO.	HOME
1/14	MIDLAND TRAIL	AWAY
1/17	TUCKER CO.	HOME
1/20	GREENBRIER WEST	AWAY
1/28	TUCKER CO.	AWAY
2/1	CHARLESTON CATH.	HOME
2/4	ELKINS	AWAY
2/7	RICHWOOD	AWAY
2/8	PENDLETON CO.	HOME
2/19	TYGARTS VALLEY	HOME

ALL SCHEDULES ARE SUBJECT TO CHANGE

ATTENTION: PCHS Males

On Behalf of the US Selective Service System and US Department of Education:

All males are required to register with the US Selective Service beginning 30 days prior their 18th birthday and extending 30 days thereafter. Late registration is accepted up to the 26th birthday. Failure to register prior to reaching age 26 may result in unfortunate life consequences, including:

- **Ineligibility for employment by the federal government, the U.S. Postal Service, and many state and local governments;**
- **Ineligibility to receive federal and, in some cases, state student aid;**
- **Ineligibility to receive job training under the Workforce Innovation and Opportunity Act;**
- **Ineligibility for security clearances; and**
- **Delay in citizenship proceedings.**

For more information and /or to register:


<https://www.sss.gov/Registration-Info/Who-Registration>

or

Stop by the School Counselor's Office

POCAHONTAS COUNTY SCHOOLS

December Breakfast and Lunch Menu 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Zucchini Bread Cereal Fruit Pizza Applesauce Cup Peas Diced Potatoes	3 French Toast Sticks Cereal Fruit Chicken Sandwich Lettuce/Tomato/Onion Ketchup/Mustard/Mayo Sweet Potato Fries Mexican Corn Fruit	4 Bagel w/Cream Cheese Yogurt Fruit Spaghetti w/Meatballs Garlic Bread Green Beans Mixed Fruit	5 Sausage Gravy Biscuit Yogurt Fruit Chicken Wrap Lettuce/Tomato/Sour Cream Romaine Salad w/Tomatoes Refried Beans Birthday Cake	6 Pancakes Cereal Fruit Fish Sticks Scalloped Potatoes Fresh Carrot Sticks Fruit Homemade Rolls
2 Strudel Yogurt Fruit Ham & Cheese Hoagie Lettuce/Tomato Baked Beans 5 Way Veggies Fruit	10 Pretzel w/Cheese Cereal Fruit Chicken Pot Pie w/Mixed Vegetables Mashed Potatoes Mixed Fruit Sliced Cucumbers	11 Homemade Cinnamon Roll Yogurt Fruit Fish Sandwich Lettuce/Tomato Tartar Sauce/Ketchup Sweet Potato Fries Broccoli Salad Fruit	12 Egg & Cheese Biscuit Cereal Fruit Vegetable Beef Soup Grill Cheese Sandwich Green Beans Sherbet Fruit	13 Breakfast Burrito Yogurt Fruit Chicken Tenders Macaroni & Cheese California Blend Fruit
16 Breakfast Pizza Yogurt Fruit Sloppy Joe Oven Fries Carrot Stix Fruit	17 Sausage Biscuit Cereal Fruit Chicken Fajita w/Green & Red Peppers/Onions Mandarin Oranges Black Beans Salsa/Sour Cream Fruit	18 Yogurt Fruit Parfait or Strawberry Smoothie Cereal Bacon & Cheese Scrambled Eggs Hash Browns Applesauce Cup Fresh Veggies Biscuit	19 Blueberry Muffin Cereal Fruit Christmas Dinner Baked Ham Mashed Potatoes w/Gravy Stuffing Broccoli Cheese Rice Casserole Homemade Roll Cooks' Choice Dessert	20 Cooks' Choice
23 Professional Learning Day No School for Students	24 Christmas Break No School	25 Christmas Day No School	26 Christmas Break No School 	27 Christmas Break No School
30 Christmas Break No School	31 Christmas Break No School			

For breakfast milk and yogurt offered daily.
For lunch milk and fresh fruit offered daily.



OUR SCHOOL
IS
SNOW
COOL!



The 2019 season is the first one where Pocahontas County FFA officially joined the roster of 18 HHH processors across West Virginia. Make no mistake: These butchers may be young, but they bring professionalism and pride to their work.

Lifelong lessons

With deer, Berry says, the meat processing is a tad different, since the animal has to be skinned. By participating in HHH this year, students not only refine their skills with skinning, grinding, and packaging venison but also use those talents to feed folks who need healthy, nutritious meat. "I wouldn't have been able to do this in my other school because we didn't have a meats lab that could be state inspected," Berry says. He came to Pocahontas County six years ago after teaching for more than three decades in the Ohio Valley. "Here, we had the facilities that were ready to be utilized."

Some of the high schoolers might graduate and trade country nights for city lights, but learning the technique behind meat processing ultimately makes them wiser home chefs and consumers. "You know why the chuck is not as tender as the loin. You understand why the round on beef is not as tender as the ribeye," Berry says. It's all those valuable lessons that can perhaps only be appreciated by someone who has sliced and trimmed an animal from head-to-hoof themselves.

"My greatest takeaway is learning the cuts, and then being able to help others," Moyers says. She knows her talents will help her with her family's hogs, or even at her own farm one day. Kinnison agrees, and he's also seen the benefit in the Career Development Events, or competitions, that the Pocahontas County FFA team participates in. "I've done it hands-on so it's a benefit, and other kids out there haven't had that type of experience," he says.

For his part, Berry credits his students' readiness to excel at everything from slicing and dicing meat to communicating with customers. "For 39 years, I've had good kids making me look good. They've done a great job."

And now folks in need all across West Virginia can also appreciate their tasty homework. 🍖

Hunters donate deer they've harvested to one of the participating certified meat processors. There, the venison is prepared, ground, and packaged into two-pound bags. Two food banks—Mountaineer Food Bank in Gassaway and Facing Hunger Foodbank in Huntington—make sure the low in fat, protein-packed meat gets into the skillet and onto the tables of those who need it. Those helped include soup kitchens, food pantries, senior centers, and other missions.

Each fall, the Governor's One Shot Hunt also greatly contributes to the money raised and venison gathered. The all-day event includes an antlerless white-tail deer hunt, banquet, and auction. Over the last 12 years, the Governor's One Shot Hunt has donated more than \$700,000 to the Mountaineer Food Bank for HHH.



Aliza Carr exhibits a sugar-cured bacon, which was raised by Carr and trimmed and smoked in the meats lab.

to sell pork sausages to teachers and other locals.

Meat inspectors review its facility just like any other professional butcher shop. "They're with us from the time we take the animal until the time the last package goes in the freezer," Berry says. But the inspectors don't work solely with Berry. They work with the students. "Our meat inspectors are really happy with the way kids address issues and their customers."

A few students also rise to leadership roles, acting as managers of groups. One such student is senior Kaitlyn Moyers. Her family owns hogs, so taking Berry's classes for three years has helped her learn the different cuts of the animals she has at home. Moyers says she enjoys the opportunity to step up and assist others, too. "I found it a valuable learning process," she says. "If I could learn it, I could help future generations of kids and teach them."

The hands-on experience students get butchering with Berry is a cut above the rest. "A picture doesn't show you everything you can see in person," Moyers says. Jacob Kinnison, a junior at the high school and FFA participant, also sees it as a professional development opportunity. "I might have this as a future career of working in a butcher shop, so I thought I'd take advantage of learning as much as I could," he says.

Even when Berry's students are not breaking down a carcass, they're running a small business. Customers get cut sheets so they can select anything from the portions they want of the animal to how thick they prefer their steaks. For those who don't know chuck

from shank, the students help them decide which slice would best satisfy their cooking needs. Students also mix seasonings like Italian, breakfast, and maple into sausages to dazzle palates.


Learning by heart

Come late autumn, snowflakes gently cascade down onto the West Virginia forest and cover the carpet of dried leaves that have lain there since October. They also coat a hunter's blaze orange vest and cap. Despite the chill, the hunter doesn't move from his perch among the bare branches. The only sign of his presence is a puff of his breath clouding the crisp air.

A crack shatters the silence. He swivels slightly to his right, just in time to catch the buck in his crosshairs. A flash and bang later, the deer is ready to fill bellies in need.

Every year, Hunters Helping the Hungry gives thousands of pounds of venison to families all across West Virginia. As of the 2019 season, the West Virginia Division of Natural Resources has sponsored the program for 28 years and helped facilitate the processing of more than 26,000 deer and more than a million pounds of ground venison.

But HHH is a true labor of love among people and businesses statewide. The DNR is restricted from using revenue from hunter licensing fees to fund the program—those fees have to benefit fish and wildlife programs. So churches, conservation organizations, foundations, and individuals pitch in to make HHH a reality.



chool bells chime, sneakers squeak, and lockers slam shut every morning at Pocahontas County High School. Some teenagers settle into their desks, armed with textbooks and pencils for another day of solving quadratic equations and delving into world

history. But others file into a more unusual type of classroom. Rather than breaking out the calculators, they're breaking down a hog carcass.

Agriculture teacher Erwin Berry watches over the industrious teens as they cut between the ribs to divide the carcass. They carefully slice away the meat and feed it through a grinder. Soon, that pork will be transformed into tasty sausages. It's just another school day with the Pocahontas County FFA. "Our motto in the FFA is 'Learning to do. Doing to learn. Earning to live. Living to serve.' That spells out the way these kids learn," Berry says. "We apply what we learn to real-life, hands-on situations."

And now those students' learning will help feed those less fortunate. Pocahontas County FFA is one of the first FFAs to participate in Hunters Helping the Hungry (HHH).

Class is in session

In Berry's classes, the beginning lesson of the school year is anatomy. At first glance, the syllabus seems extensive: cattle, hog, lamb, deer, and goat. But, Berry says, they're all mammals, so the basic structures are the same. The differences come when students learn how to execute primal cuts—the pieces that are initially separated from the carcasses—and retail cuts—which are what most of us toss in our grocery store carts or order off of a steakhouse menu. For instance, the loin would be considered a primal cut of beef. Then, from that loin, you might get a decadent T-bone, filet mignon, or Porterhouse steak.

How students learn to distinguish one cut from the next is similar to most classrooms. They study slideshows, watch videos, and spell out the steps on paper. But soon it's pencils down and hands up. Berry gathers locally sourced animal carcasses, and the students tighten their apron strings in the agricultural department's meats lab.

Last year the class took on an even bigger feat. The Pocahontas County FFA received certification through the West Virginia Department of Agriculture

FAKE SKIN

1. MOUNTAINEER HERITAGE HUNTING SEASON

HERMITAGE OF THE HOLY CROSS

WONDERFUL WEST VIRGINIA

December 2019 \$3.00

12



817247012029

POCAHONTAS COUNTY

Senior Basketball(G) Schedule

Events

1	12/03/19	JV 5:30, V 7:00PM	A	ALLEGHANY,VA H.S.
2	12/05/19	JV 6:15, V 7:30PM	A	PENDLETON COUNTY
3	12/10/19	JV 5:45 V 7:00PM	H	GREENBRIER WEST
4	12/13/19	JV 5:45 V 7:00PM	A	TYGARTS VALLEY MIDDLE/SENIOR HIGH
5	12/18/19	JV 5:45, V 7:00PM	H	RICHWOOD
6	12/19/19	JV 5:45 V 7:00PM	H	ALLEGHANY,VA H.S.
7	12/21/19	JV 5:30 V 7:00PM	A	SUMMERS COUNTY HIGH SCHOOL
8	12/27/19	6:00PM	A	PCHS VS. HERBERT HOOVER @ PARKERSBURG CATHOLIC
9	12/28/19	12:00 or 1:30PM	A	PCHS VS. PARKERSBURG CATHOLIC OR LIBERTY (HARRISON) @ PARKERSBURG CATHOLIC
10	01/03/20	JV 5:45 V 7:00PM	H	MIDLAND TRAIL HIGH SCHOOL
11	01/06/20	JV 5:30 V 7:00PM	A	JAMES MONROE
12	01/10/20	JV 5:45 V 7:00PM	H	SUMMERS COUNTY HIGH SCHOOL
13	01/14/20	JV 5:45 V 7:00PM	A	MIDLAND TRAIL HIGH SCHOOL
14	01/17/20	JV 5:45 V 7:00PM	H	TUCKER COUNTY
15	01/20/20	JV 5:45 V 7:00PM	A	GREENBRIER WEST
16	01/28/20	JV 5:45 V 7:00PM	A	TUCKER COUNTY
17	02/01/20	JV 2:00 V 3:30PM	H	CHARLESTON CATHOLIC
18	02/04/20	JV 5:45 V 7:00PM	A	ELKINS
19	02/07/20	JV 5:45 V 7:00PM	A	RICHWOOD
20	02/08/20	JV 2:00 V 3:30 Pink OutPM	H	PENDLETON COUNTY
21	02/19/20	JV 5:45 V 7:00 Senior NightPM	H	TYGARTS VALLEY MIDDLE/SENIOR HIGH

wins: 0 lost: 0 ties: 0

POCAHONTAS COUNTY

Senior Basketball(B) Schedule

Events

1	12/11/19	JV 5:45 V 7:00PM	H -	MOOREFIELD
2	12/13/19	JV 5:45 V 7:00PM	H -	MIDLAND TRAIL HIGH SCHOOL
3	12/16/19	JV 5:45 V 7:00PM	H -	GREENBRIER WEST
4	12/20/19	JV 5:45 V 7:00PM	A -	TUCKER COUNTY
5	01/02/20	TBA PM	A -	NEW RIVER COMM. AND TECH
6	01/07/20	JV 5:45 V 7:00PM	A -	RICHWOOD
7	01/10/20	JV 5:45 V 7:00PM	A -	GREENBRIER WEST
8	01/14/20	JV 5:45 V 7:00PM	H -	MEADOW BRIDGE HIGH
9	01/17/20	JV 6:00 V 7:00PM	A -	HARMAN
10	01/22/20	JV 5:45 V 7:00PM	H -	TYGARTS VALLEY MIDDLE/S
11	01/24/20	JV 5:45 V 7:00PM	A -	MIDLAND TRAIL HIGH SCHOOL
12	01/27/20	JV 6:15, V 7:30PM	H -	PENDLETON COUNTY
13	01/29/20	JV 6:00 V 7:00PM	A -	MOOREFIELD
14	01/31/20	JV 5:45 V 7:00PM	H -	RIVERSIDE
15	02/04/20	JV 5:45 V 7:00PM	H -	ELKINS
16	02/06/20	JV 5:45 V 7:00PM	A -	MEADOW BRIDGE HIGH
17	02/08/20	JV 2:00 V 4:00PM	A -	RIVERSIDE
18	02/12/20	JV 5:45 V 7:00PM	H -	TUCKER COUNTY
19	02/18/20	JV 5:45 V 7:00PM	H -	RICHWOOD
20	02/20/20	JV 6:15, V 7:30PM	A -	PENDLETON COUNTY
21	02/21/20	JV 5:45 V 7:00 Senior Night	H -	JAMES MONROE
22	02/26/20	JV 5:45 V 7:00PM	A -	TYGARTS VALLEY MIDDLE/S

wins: 0 lost: 0 ties: 0

**2019 Elf auction**

DOCX - 13 KB



To Whom It May Concern,

As the Holiday Season is upon us, we would like to take this opportunity to invite you to participate in the 2019 Pocahontas County High School Elf Auction. This year, the event will take place on Friday, December 13 beginning at 12:30. This annual event at PCHS allows students, staff and colleagues to participate in a fun filled auction. Our auctioneer adds to the excitement and fun with his antics, while the participants enjoy a time of laughter, fun and bidding wars. All proceeds go to Project Christmas at PCHS. This is used to provide gift cards for students that may not otherwise have the opportunity to enjoy the Holidays.

As a valued community member, we are inviting you to contribute to this event in one or more ways. You may contribute by donating an item for the auction and/or attending the 2019 Elf Auction. Suggestions for donations include baked items, gift baskets, handcrafted items such as woodworking, season passes and gift certificates to local businesses. We will also gladly accept cash donations!

Our goal for 2019 is to give 100 gift cards. If you have any questions, please contact Linda Beverage or Michelle Wilfong at 304-799-6564. Arrangements can be made to have your donation delivered to PCHS if you are unable to attend. Thank you in advance for helping us make this a memorable Christmas for students at Pocahontas County High School.

Sincerely,

Linda Beverage, Counselor

Michelle Wilfong, Librarian/Media Specialist



BATTLE OF THE CLASSES

October



Sophomores

November



Freshman













101

SOLDADURA

101

104































WARRIOR TERRITORY



POCAHONTS TRACK & FIELD

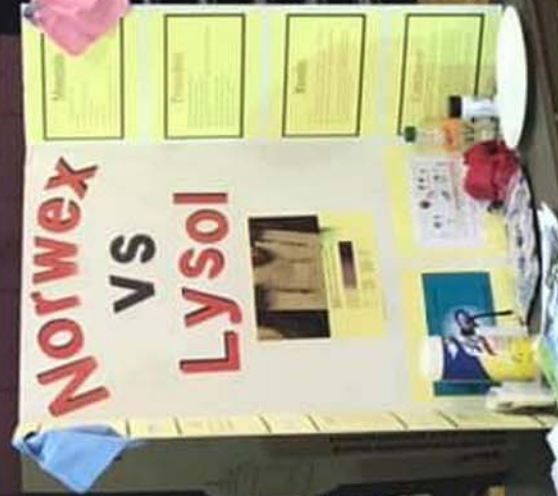
Michelle Holstine
C. Smootery, S. Smootery
Michelle Withers
Brigitte Carroll

Cheryl Woodruff
Adrienne Nittingham
Adrienne Nittingham
Tasha Combs

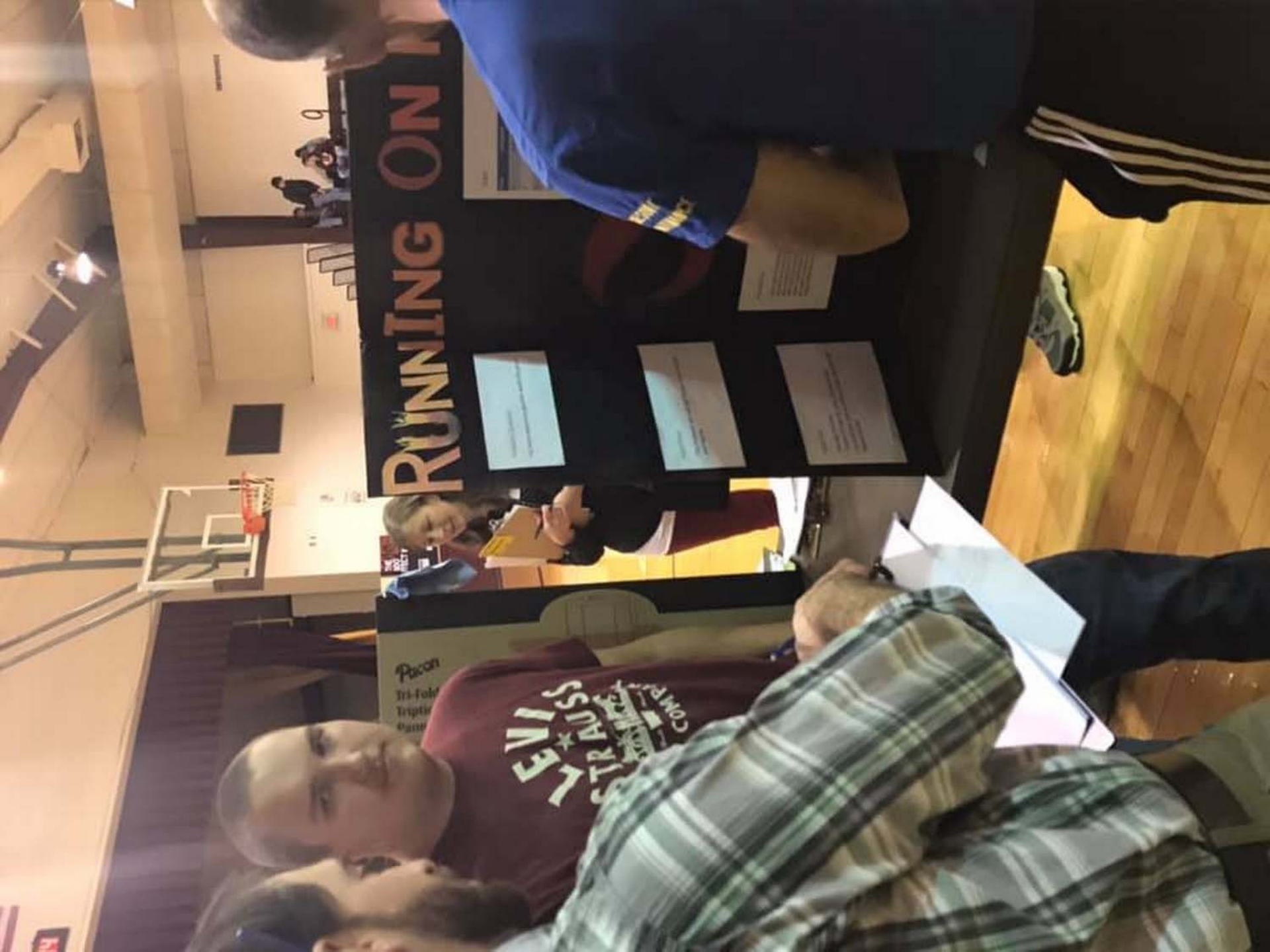
Tasha Combs
Corey Hedrick
Laila Calhoun
Laila Calhoun

Stephanie, Steadley, Campbell
J. B. Miller, J. Miller, J. Miller, J. Miller
K. Miller, J. Miller, J. Miller, J. Miller

J. Miller, J. Miller, J. Miller, J. Miller
J. Miller, J. Miller, J. Miller, J. Miller
J. Miller, J. Miller, J. Miller, J. Miller







RUNNING ON

Running on the edge of the world, the first marathon was held in 490 BC. The race was a grueling 26 miles, 385 yards, and it was won by a Greek soldier named Pheidippides. The story of the marathon has inspired generations of runners, and the race has become a symbol of endurance and achievement.

The marathon is a test of physical and mental endurance. It is a race that requires a great deal of preparation and training. Runners must be in good health and have a strong sense of purpose. The marathon is a challenge that can be overcome with the right mindset and the right training.

The marathon is a race that is open to everyone. It is a race that can be run by anyone who is willing to put in the time and effort. The marathon is a race that is a test of endurance and a symbol of achievement. It is a race that is a challenge that can be overcome with the right mindset and the right training.

Paccon
Tri-Fold
Triptin
Paccon

EVIL STRIPS

ART

DOES

EXPRESSION

DEPRESSION

COMBAT

SUICIDE PREVENTION
CALL 1-800-273-TALK
NATIONAL SUICIDE PREVENTION LIFELINE

Warning
The following are signs and symptoms of depression. If you or someone you know is experiencing these symptoms, please seek help immediately. Depression is a serious medical condition that can be treated. If you are in crisis, call 911 or the National Suicide Prevention Lifeline at 1-800-273-TALK.

Prevalence
Depression is a common mental health condition that affects millions of people worldwide. It is a medical condition that can be treated. If you are in crisis, call 911 or the National Suicide Prevention Lifeline at 1-800-273-TALK.

Complications
Depression can lead to serious complications if left untreated. It can affect your physical health, relationships, and ability to function in daily life. If you are in crisis, call 911 or the National Suicide Prevention Lifeline at 1-800-273-TALK.

Help
If you are experiencing symptoms of depression, please seek help immediately. There are many resources available to help you. Call 911 or the National Suicide Prevention Lifeline at 1-800-273-TALK.

YOU MATTER
TO EVERYONE WHO KNOWS YOU
YOU ARE NOT ALONE



Depression
Depression is a common mental health condition that affects millions of people worldwide. It is a medical condition that can be treated. If you are in crisis, call 911 or the National Suicide Prevention Lifeline at 1-800-273-TALK.



WE'RE GOING GREEN



The purpose of this project is to raise awareness of the environmental issues facing our world and to encourage students to take action to protect our planet.

Purpose



Recycling

Recycling is the process of converting waste materials into new materials and objects. It is an essential part of the waste management system and helps to reduce the amount of waste sent to landfills.

- ### Recycling
1. Recycle paper, plastic, glass, and metal.
 2. Recycle food waste and yard waste.
 3. Recycle electronics and appliances.
 4. Recycle paint and oil.
 5. Recycle tires and auto parts.
 6. Recycle furniture and household items.
 7. Recycle construction materials.
 8. Recycle hazardous materials.
 9. Recycle pharmaceuticals.
 10. Recycle all other waste.

- ### Reducing, Reusing, and Recycling
1. Reduce the amount of waste you produce.
 2. Reuse items whenever possible.
 3. Recycle all waste.
 4. Compost food and yard waste.
 5. Donate unwanted items to charity.
 6. Buy products made from recycled materials.
 7. Buy products with minimal packaging.
 8. Buy products with energy-efficient labels.
 9. Buy products with water-saving labels.
 10. Buy products with low-VOC labels.



Recycling

- ### Reducing, Reusing, and Recycling
1. Reduce the amount of waste you produce.
 2. Reuse items whenever possible.
 3. Recycle all waste.
 4. Compost food and yard waste.
 5. Donate unwanted items to charity.
 6. Buy products made from recycled materials.
 7. Buy products with minimal packaging.
 8. Buy products with energy-efficient labels.
 9. Buy products with water-saving labels.
 10. Buy products with low-VOC labels.

2

2

Composting

Composting is the process of breaking down organic materials into a nutrient-rich soil amendment. It is a natural and sustainable way to dispose of food and yard waste.



Recycling



Recycling



Recycling



Recycling



Recycling



Recycling



Recycling



Recycling

IF YOU DON'T USE IT..

DO YOU LOSE IT?

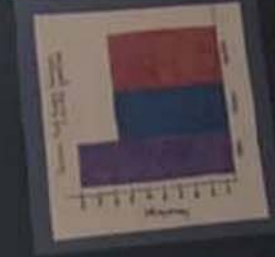
Question
The average person forgets 90% of what they read in the first 24 hours. How can we improve our memory?

Answer
The answer is to use the information as soon as possible. This is why we often see people taking notes in class and then forgetting them. The key is to use the information as soon as possible.

Question
The average person forgets 90% of what they read in the first 24 hours. How can we improve our memory?

Answer
The answer is to use the information as soon as possible. This is why we often see people taking notes in class and then forgetting them. The key is to use the information as soon as possible.

Question
The average person forgets 90% of what they read in the first 24 hours. How can we improve our memory?



Question
The average person forgets 90% of what they read in the first 24 hours. How can we improve our memory?



Question
The average person forgets 90% of what they read in the first 24 hours. How can we improve our memory?

Answer
The answer is to use the information as soon as possible. This is why we often see people taking notes in class and then forgetting them. The key is to use the information as soon as possible.

Paw Preference



Do pets show handiness like human do?

America

Britain

Germany



Norwex vs Lysol

Purpose

- To discover the most consistently effective cleaner, and which cleaner removes the most protein.

Question

- Which cleaner removes the most protein, which is the food source of bacteria and germs, from a plate?

Hypothesis

- Out of the two cleaners Lysol Disinfecting Wipes and the Norwex EnviroCloth, the Norwex EnviroCloth should remove the most protein from a plate.

Variables

- Control: EnviroCloth Wipe
- Independent: Disinfecting Wipe



Conclusion

The results of the experiment show that the Norwex EnviroCloth removed more protein from the plate than the Lysol Disinfecting Wipes. This suggests that the Norwex EnviroCloth is more effective at removing protein, which is the food source of bacteria and germs, from a plate.

Results

The results of the experiment show that the Norwex EnviroCloth removed more protein from the plate than the Lysol Disinfecting Wipes. This suggests that the Norwex EnviroCloth is more effective at removing protein, which is the food source of bacteria and germs, from a plate.

Procedure

1. Prepare the cleaning solution.
2. Clean the plate with the solution.
3. Measure the protein removed.
4. Repeat the experiment for the other cleaner.
5. Compare the results.

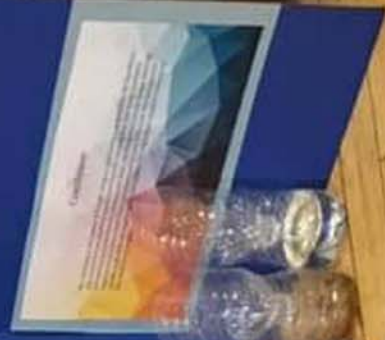
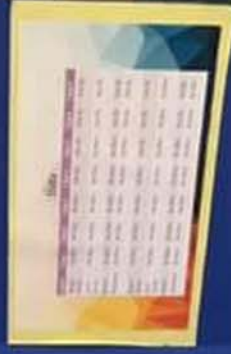
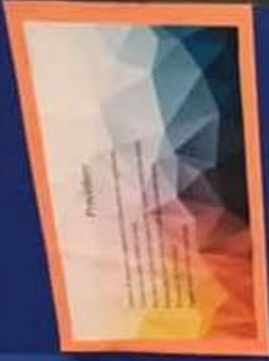
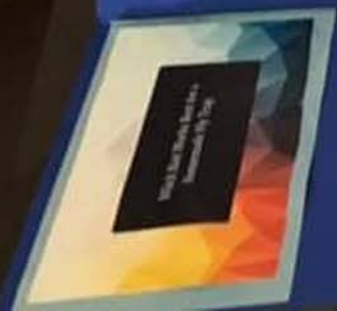
Materials

- 1 plate
- 1 Lysol Disinfecting Wipe
- 1 Norwex EnviroCloth
- 1 protein assay kit
- 1 pipette
- 1 test tube
- 1 test tube rack
- 1 timer



SHOO

FLY



On Target



Procedure

1. Stand in a line.
2. Aim the pole at the target.
3. Throw the pole.
4. Record the results.

Research

The research for this project was conducted by the students. They found that the pole was most accurate when it was thrown from a distance of 10 meters. They also found that the pole was most accurate when it was thrown at an angle of 45 degrees.



Conclusion

The students concluded that the pole was most accurate when it was thrown from a distance of 10 meters and at an angle of 45 degrees. They also found that the pole was most accurate when it was thrown at a target that was 10 meters away.

References

1. The Physics of Projectile Motion.
2. The Science of the Pole.



ENERGY DRINK

EFFEC S

B
O
O







Pocahontas County Girls Basketball will be selling Red Poinsettias. Cost of each Poinsetta will be \$10.00. Please collect money as you sell. Checks made payable to PCHS- Girls Basketball. Orders and Money will be collected on Nov. 22, 2019 at practice. I will get a tentative number on Monday Nov. 18. Please try hard this week to sell as many as you can!! Anticipated delivery date for Poinsettias to be picked up a PCHS is Dec. 6. Thanks in advance for your hard work in selling!!

[illegible]

Boys A/AA Region 3 all region teams

1st Team

Kolton Alderman -Striker

2nd Team

Jacob Davis - Striker

Timmy Sparks - Mid field

Bryson Cassell - Defender

Girls

1st Team

Kira Bircher - Striker

Laila Calhoun - Striker

Savannah McMillion - mid field

2nd Team

Macaden Taylor - Defense

Sienna Bircher - Goalie

All State Honors

Boys

Honorable Mention All State

Kolton Alderman

Girls

2nd Team All State

Savannah McMillion

Honorable Mention

Kira Bircher

Laila Calhoun

**THANK YOU
VETERANS**



26535 89793 23846 26433 83279 50288 41971 69399 37510 58209 74944 59230 79164 0628





Hand-drawn illustration of a knight in armor, holding a sword. The knight is wearing a helmet with a crest, a surcoat with a cross, and a tunic with a cross. The background is yellow.



HONORABLE

NOBLE

COURAGEOUS

BRAVE KINGLY

POWERFUL

CHIVALRY









WARRIOR TERRITORY



**KORTISSE COUNTY
T1 LICK RECORDS**

1900 1910 1920 1930 1940 1950 1960 1970 1980 1990 2000 2010 2020

1900 1910 1920 1930 1940 1950 1960 1970 1980 1990 2000 2010 2020

**POCAHONTAS COUNTY
TRACK RECORDS**

1900 1910 1920 1930 1940 1950 1960 1970 1980 1990 2000 2010 2020

1900 1910 1920 1930 1940 1950 1960 1970 1980 1990 2000 2010 2020





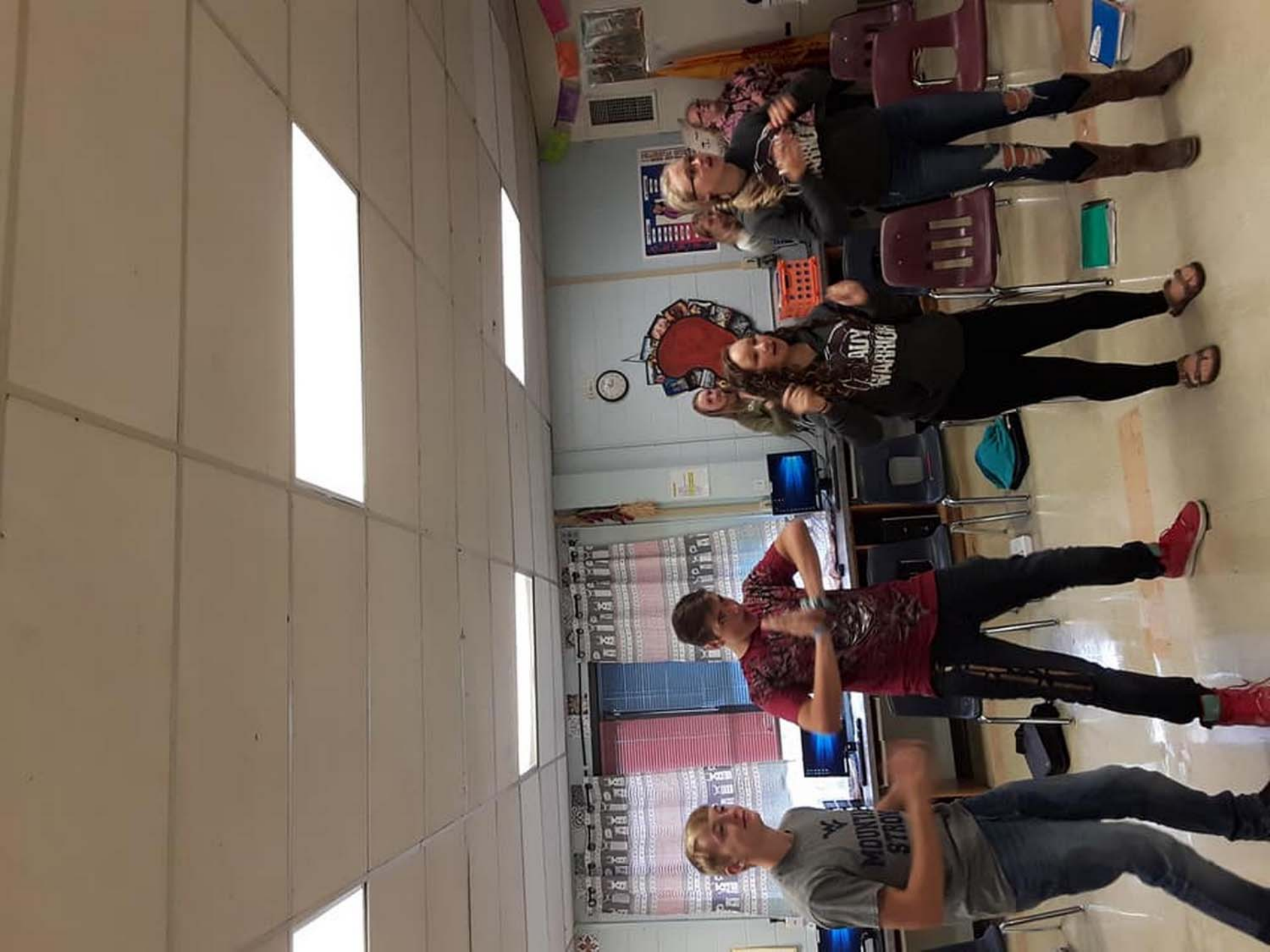


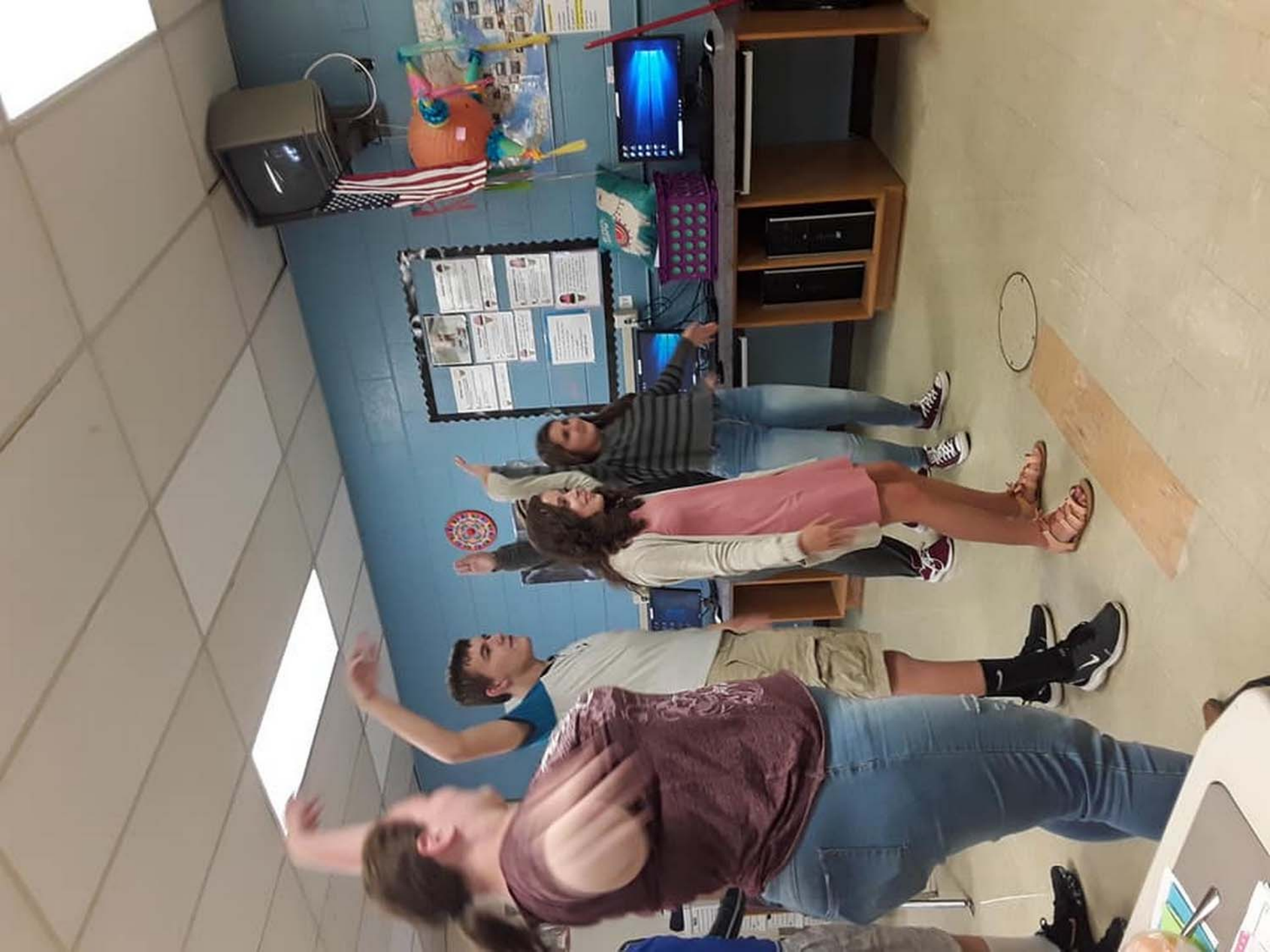
TOR
S
ULS
ON
SALVAGE
IN A
PARTS
CKER
VICE

WARRIOR TERRITOR



















YOU'RE INVITED TO

THE Snow Ball

This is a formal dance for all students grades 9th – 12th

Tickets will be available for purchase during lunch starting NOVEMBER 4th

Ticket Prices: \$10 per person

**Saturday
December
14th**

**7-10pm at
Opera House**

**Pickett
Fence will
take pictures**

Prayer Locker

Write your prayer request on the paper provided and put it through this locker slot.

We will be happy to pray for you.
You do not have to give your name
and all prayer requests will remain
confidential.

Sponsored by FCA: PCHS HUDDLE



POCAHONTAS COUNTY SCHOOLS
November Breakfast and Lunch Menu 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Sausage pancake Whole grain cereal Fruit</p> <p>Chicken Sandwich Tomato/lettuce/onion Peas Applesauce cups Romaine w/vinaigrette</p>	<p>Colby cheese omelet Whole grain cereal Fruit</p> <p>Beef Burrito w/whole grain tortilla wrap Lettuce/tomato/salsa Broccoli Beans Mixed fruit</p>	<p>Fresh fruit cup Yogurt Whole grain cereal</p> <p>Lasagna Green beans Mixed Fruit Roll</p>	<p>Breakfast sausage pizza Whole grain cereal Fruit</p> <p>Hot Ham and cheese on whole grain bagel Sweet Potato Fries Corn Fruit</p>	<p>Whole grain bagel w/cream cheese Cereal fruit</p> <p>Tomato Soup Grill Cheese Broccoli Fruit Cookie</p>
<p>Egg and cheese wrap Whole grain cereal Fresh fruit</p> <p>Cheeseburger Bake beans Fresh fruit Birthday Cake</p>	<p>Blueberry muffin Whole grain cereal Fruit</p> <p>Chicken Caesar Romaine Salad Sweet Potato Fries Carrots Sliced Apples with soy nut butter</p>	<p>Banana Bread Whole grain cereal Fruit</p> <p>Turkey Mashed potatoes w/gravy Green beans Roll Cooks' choice dessert</p>	<p>Homemade Cinnamon Rolls Whole grain Cereal Fruit</p> <p>Chicken Nuggets Parmesan Broccoli French fries Fruit</p>	<p>Yogurt fruit parfait Whole grain cereal</p> <p>Popcorn Chicken Carrots California Medley Fruit Cookie</p>
<p>Egg and cheese Biscuit Whole grain cereal Fruit</p> <p>Meatball Hoagie California Blend Tator tots Fruit</p>	<p>Yogurt w/ granola Whole grain cereal fruit</p> <p>Chicken Chimichanga Carrots Sweet Potato fries Mixed fruit</p>	<p>Egg cheese ham wrap Whole grain cereal Fruit</p> <p>Chili Bake potato Parmesan Broccoli Applesauce cup Cornbread Crackers</p>	<p>French Toast Stix Whole grain Cereal Fruit</p> <p>Salisbury Steak Green beans Mash Potatoes Roll Fruit</p>	<p>Cooks' Choice Breakfast and Lunch!</p>
<p>Thanksgiving Break No School</p>	<p>Thanksgiving Break No School</p>	<p>Thanksgiving Break No School</p>	<p>Thanksgiving Day Holiday No School</p>	<p>Thanksgiving Break No School</p>

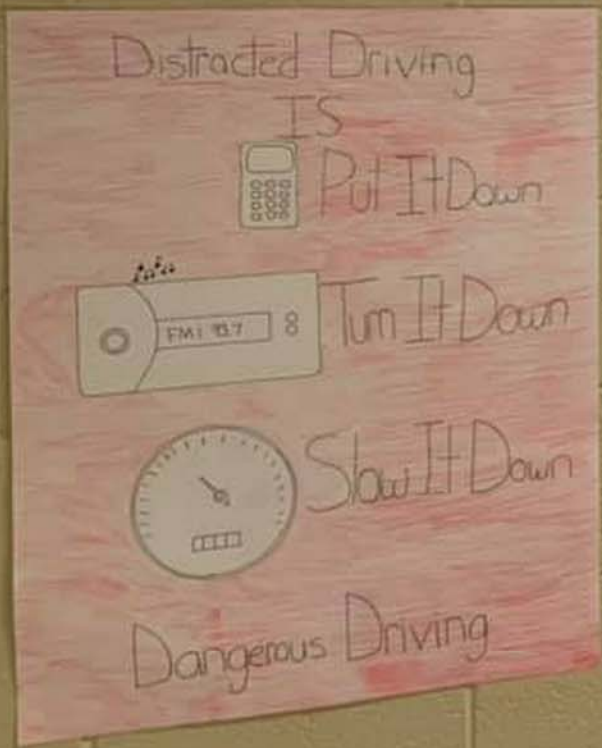
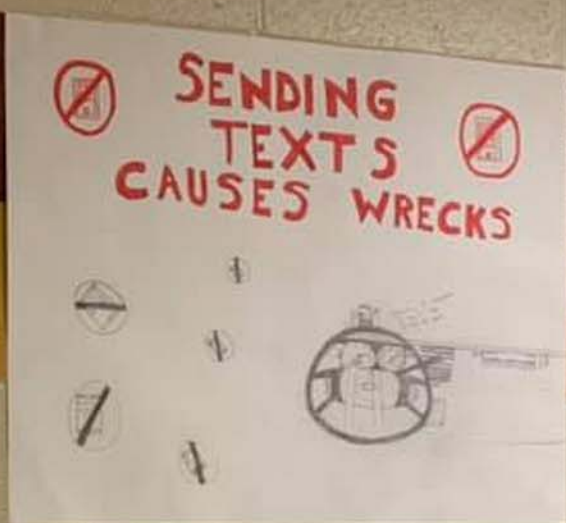
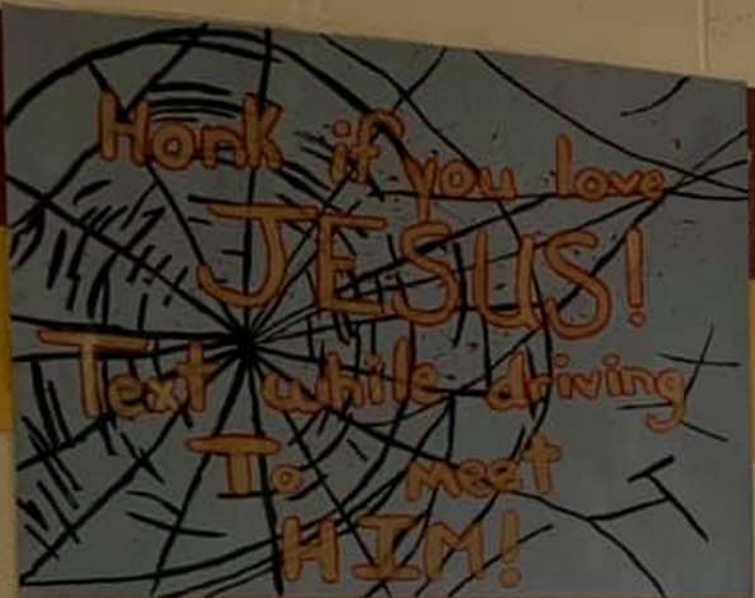


100s

200s

300s





HONK IF you
LOVE Jesus



DRINK &
DRIVE IF you
WAN'T TO MEET
HIM!

DISTRACTED DRIVING

19 people die
from distracted
driving a day

accidents for
25% of all motor
crash fatalities

While I'm at it
I'll also say sometimes I
keep the car in my garage
at night



DON'T DRINK and

DRIVE



DISTRACTED DRIVING

ONE CALL OR TEXT

COULD END IT ALL

It Can
Wait



*you put everyone
in danger,
when you have
road anger!*

• 66% of traffic fatalities
are caused by aggressive
driving

• almost 30 minutes lost
linked to road rage each year

• victims of road rage
often become aggressors
themselves

DONT
DRIVE DRUNK
IT IS NOT A



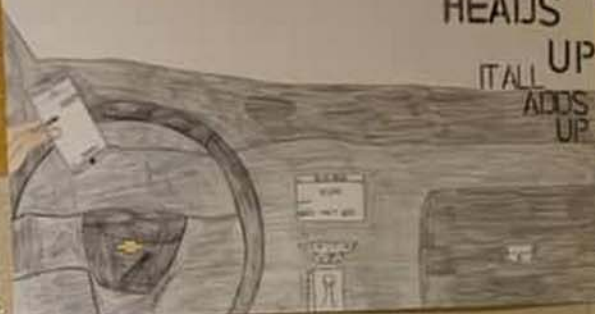
DRIVING
KEYS



BUCKLE
UP

HANG
UP

HEADS
UP
IT ALL
ADDS
UP



DONT DRINK
and
Drive



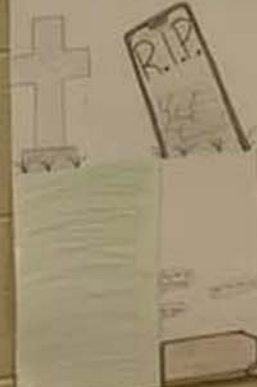
The clock will
Keep Ticking But
Your Heart
Won't



ROAD
RAGE
DONT DRIVE AGGRESSIVELY
BE UNDERSTANDING IF A
DRIVER CAUSES A PROBLEM





It Can
Wait





LEAVE IT **UNREAD**
OR END UP **DEAD**

It's More
Than Just A
TICKET,

It's  $\frac{1}{5}$ 

Your



LIFE

DRUNK DRIVING



Alcohol & A
Wheel gon'
get ya

Killed

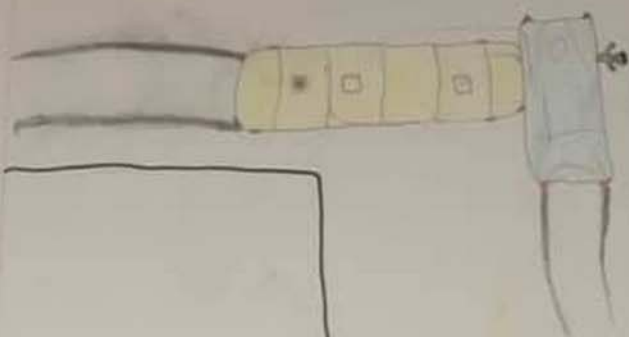
Over 65% of all fatal single car crashes
are alcohol related.

If
the
your
you're feeling
RAGE
check
GAUGE



DONT
MAKE
A
FUSS

STOP
FOR
THE
BUS









THE KEY

FIND

TO

YOUR
FREEDOM



RIP





FIND
THE KEY
TO
YOUR
FREEDOM

FIND THE KEY









































BATTLE OF THE CLASSES



































































Being important is nice,
but being **NICE** is more
important!!!







HELLO
my name is
POLKA-HAUNT-US



LEAVES
ARE
FALLING
AUTUMN'S
CALLING







RIP
MR. BROWN
Do No T
COPEN!!!

RIP
MAX
ERVINE

RIP
DAVID
GIBB

RIP
KOLBY
FRIEL

RIP
ETHAN
HAMRECK

RIP
DAPHNE
HILLEARY

RIP
SAMANTHA
HAMMONS

RIP
GRADY
HANNAH

RIP
Makenzie
Hickory

WELCOME
TO

Ms
Mason's

'22

PRIDE
NUT

ALLISON

RACHEL

HOUSE



TRICK OR
TREAT



SMELL
OUR!
FEET!





Makense

Caitlin

Josten

Mrs. Noel

Justin

Lia

Zac









Life's no fun
Without a
good scare!

Mason

Haley

Becca

Isabella

Ha ben

Sara

Notlynn

Nacota

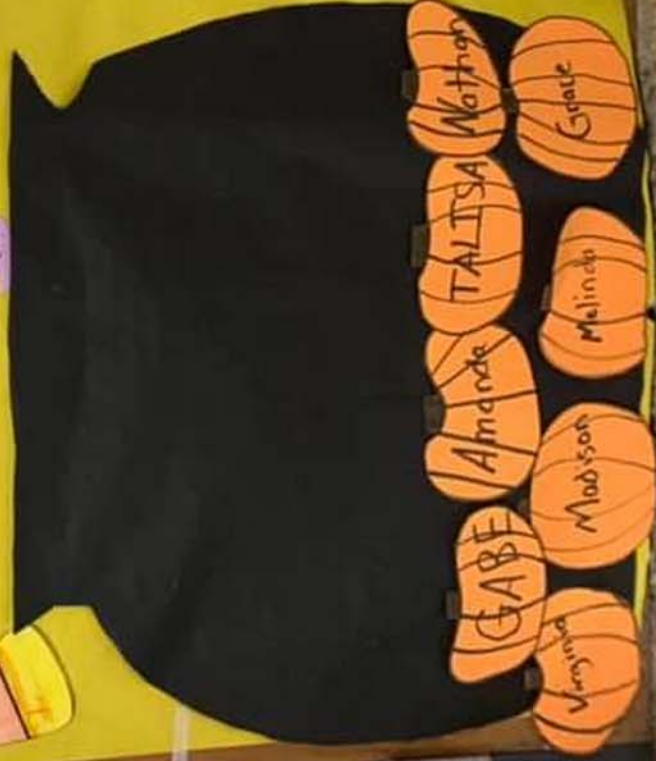
Mrs Mann

Leo



Miss
Tilly
Sally

The 8 little Pumpkins!



EL INGLÉS



BE AFRAID



CRIME SCENE - DO NOT CROSS

CRIME SCENE - DO NOT CROSS

CRIME SCENE - DO NOT CROSS

CRIME SCENE - DO NOT CROSS

CRIME SCENE - DO NOT CROSS

CRIME SCENE - DO NOT CROSS

CRIME SCENE - DO NOT CROSS

CRIME SCENE - DO NOT CROSS

**WELCOME
TO OUR
PATCH**



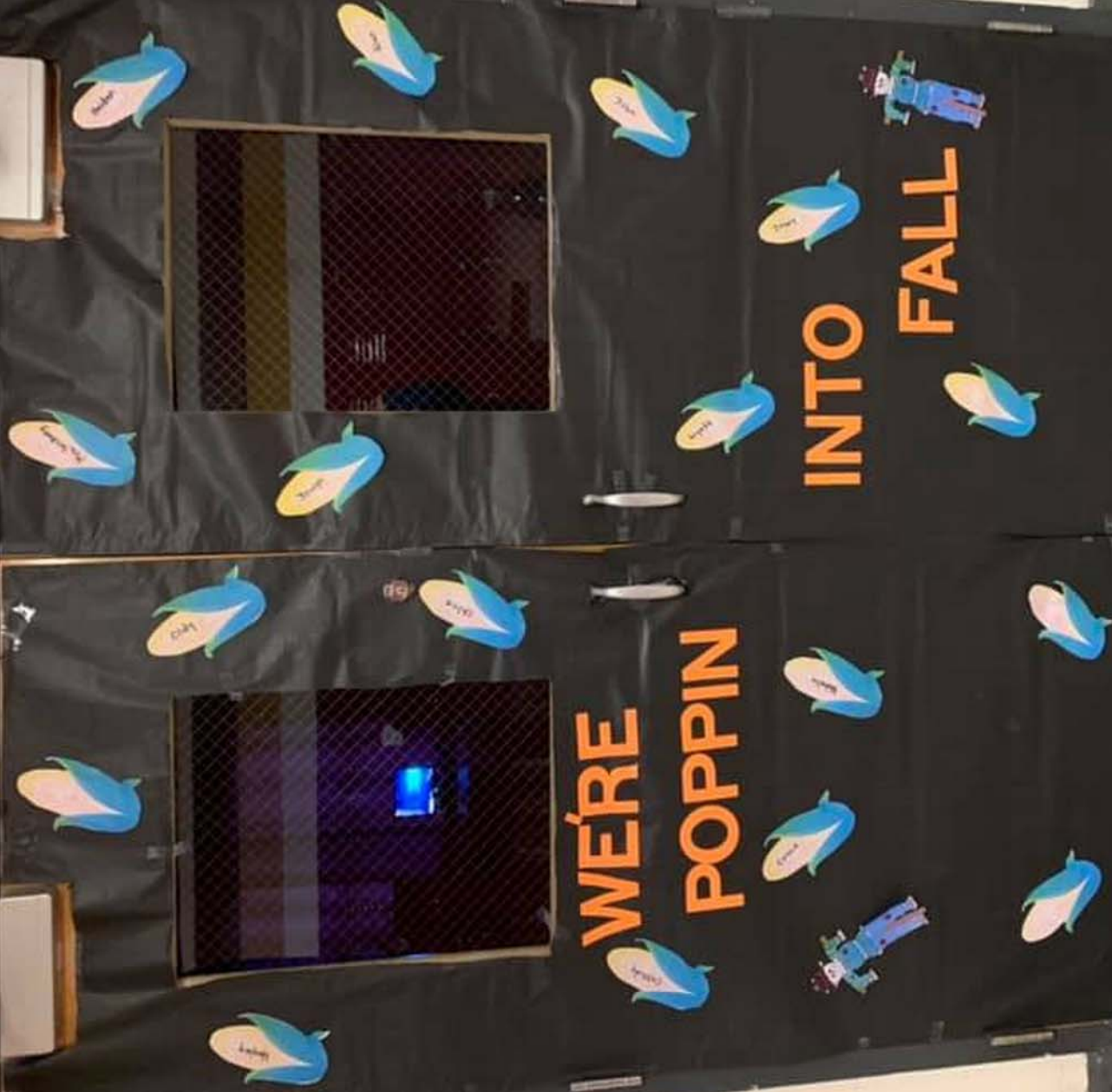
LIBRARY

LA BIBLIOTHECA

MEDIA CENTER

WE'RE
POPPIN

INTO
FALL



HALLOWEEN ROOM





HELLO
my name is
POLKA-HAUNT-US



LAS CIENCIAS



WARRIORS

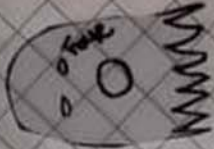


What's
brewing in
Ms. Curran's
class?





POCAHONTAS CO. HIGH SCHOOL
HOME OF THE WARRIORS!



Nothing's
- Korney
about these
SENIORS





DO NOT ENTER







FAIRFIELD INN & SUITES

HOME		GUEST
0	40:00	0







Pink out



Friday

Oct 25, 2019

Wear your pink to support Breast Cancer
Awareness and help your class win the 1st
battle of the classes.



Supporting the *fighters*
Admiring the *Survivors*
Honoring the *taken*
and never, ever giving up *hope*

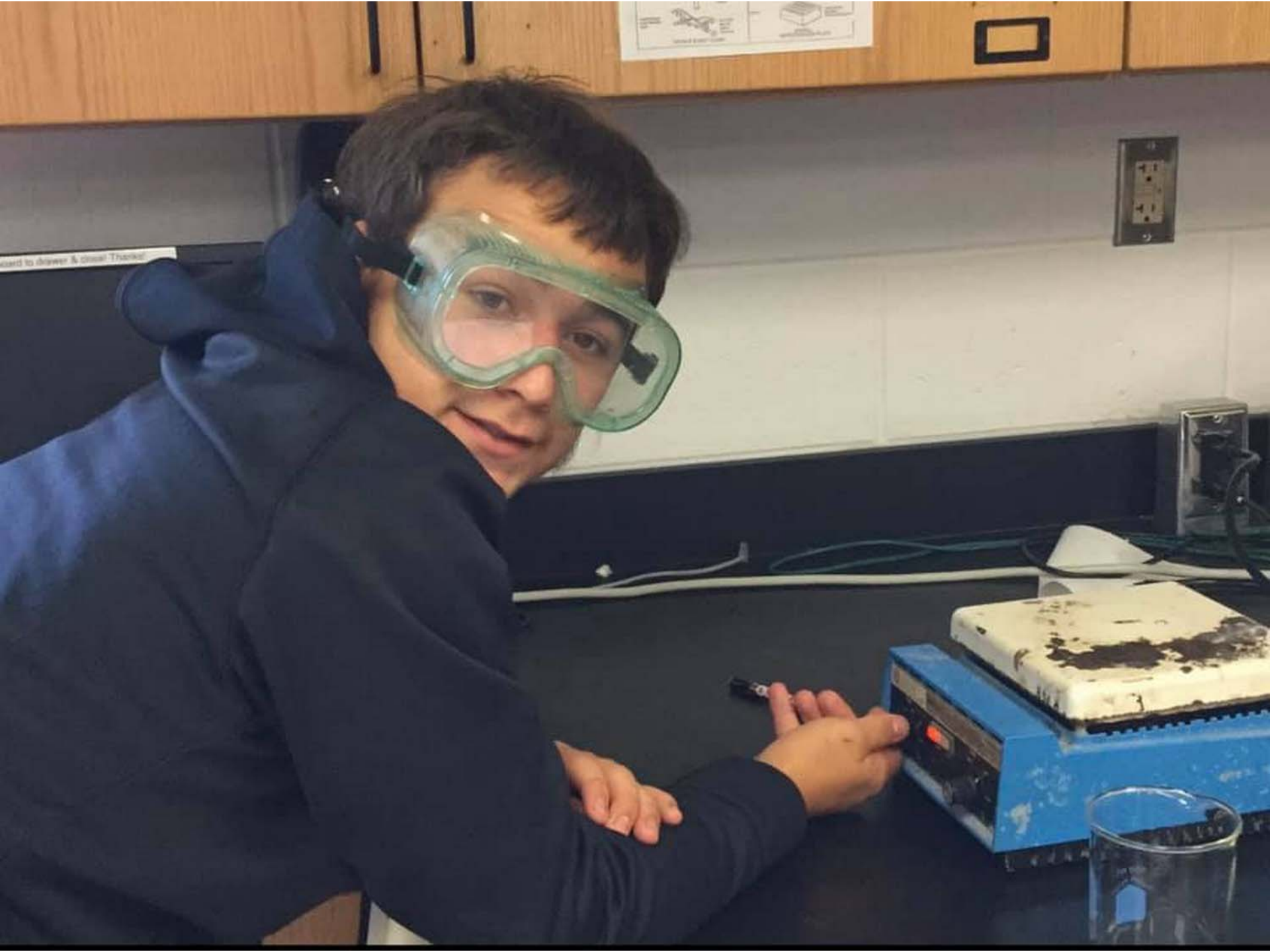
Happy
Boss's
Day





THOUGH LEAVES ARE MANY. THE ROOT IS ONE.

WARRIOR PRIDE



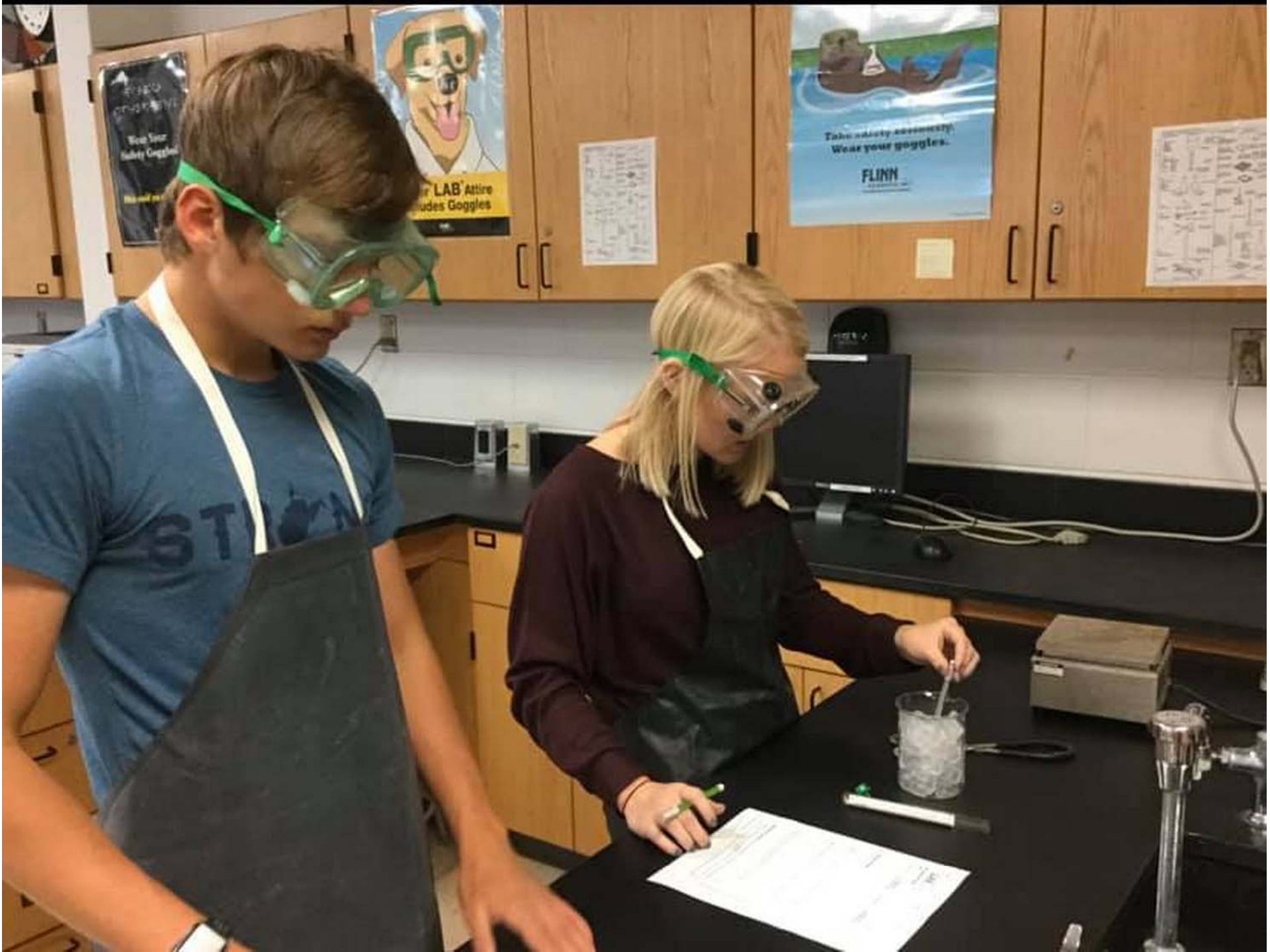
You Wear
Your
Goggles?

ays
Protect
Your Eyes!

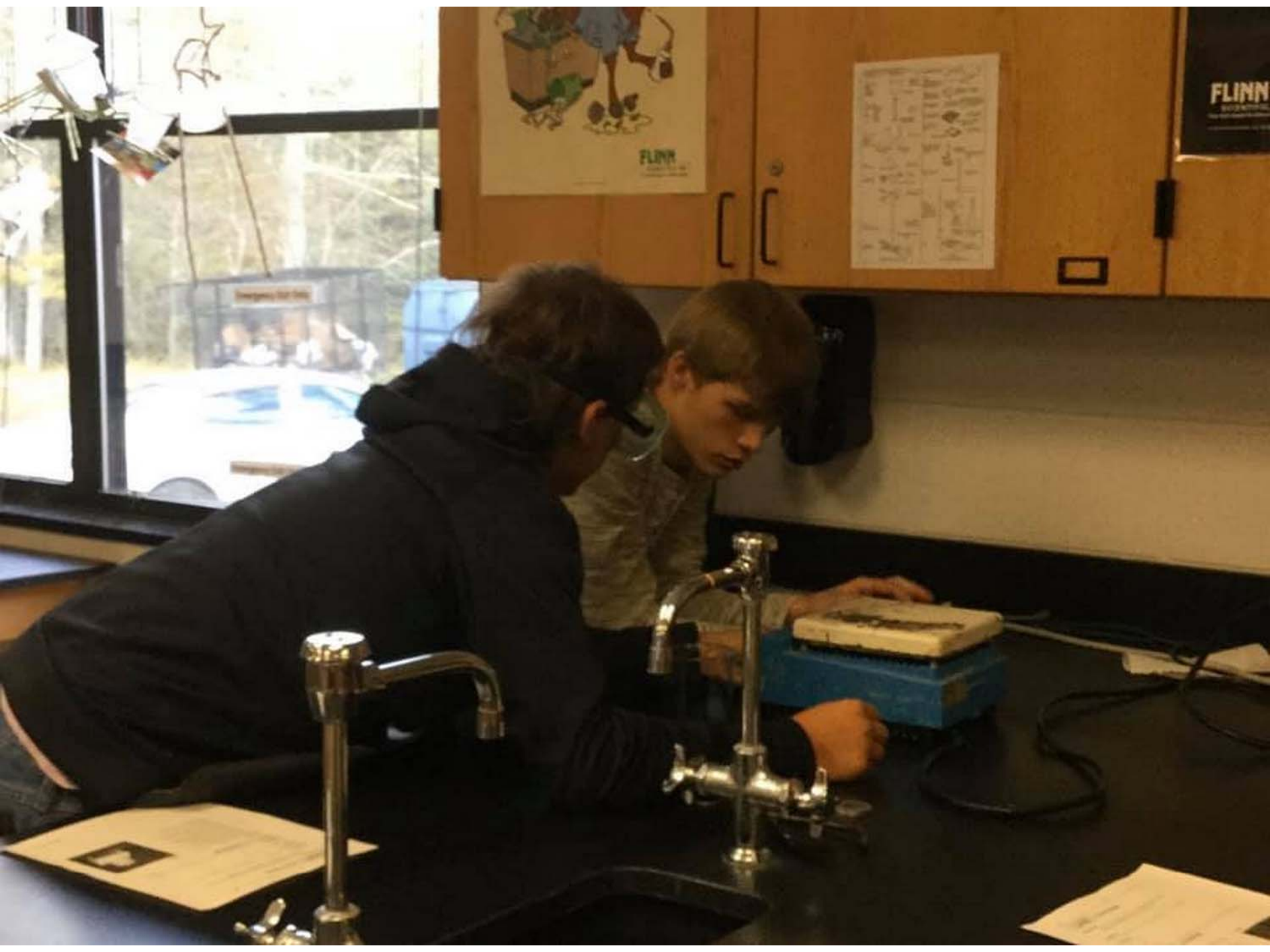


**FIRE
BLANKET**













**Pocahontas County High School
Photo Permission OPT Out Form**

Throughout the year, PCHS students participate in activities, events or projects in which we want to showcase the students. The students may be photographed or videotaped in order to do this.

Please fill this form out ONLY if you DO NOT want your child's picture used!

Please return by October 22, 2019. If we do not receive this form back by that date, we will assume your child can be photographed.

Student Name: _____

Homeroom Teacher: _____

Grade: _____

In school displays - including but not limited to: bulletin boards, class-made books, or student multimedia projects; students may be identified by first and last name.

School Facebook Page - including but not limited to main pages, class pages, or special events taking place at school or outside of school. Students may be identified at times by first name only.

Parent
Signature: _____

Date: _____











7:37



Shannon Arbogast ▶ **PCHS
Warrior Soccer**



🛡️ **Admin** · 27 mins · 🗨️

**Practice has been been
cancelled due to the
weather.**



Like



Comment



**Pocahontas County High School
Photo Permission OPT Out Form**

Throughout the year, PCHS students participate in activities, events or projects in which we want to showcase the students. The students may be photographed or videotaped in order to do this.

Please fill this form out ONLY if you DO NOT want your child's picture used!

Please return by October 22, 2019. If we do not receive this form back by that date, we will assume your child can be photographed.

Student Name: _____

Homeroom Teacher: _____

Grade: _____

In school displays - including but not limited to: bulletin boards, class-made books, or student multimedia projects; students may be identified by first and last name.

School Facebook Page - including but not limited to main pages, class pages, or special events taking place at school or outside of school. Students may be identified at times by first name only.

Parent
Signature: _____

Date: _____

Yeti Raffle:

3 Chances to WIN!!

For PCHS Junior Class \$5 for 1 or \$20 for 5

3 drawings on 10/31/19

Items:

1st - White Yeti cooler

2nd - 2 20 oz. cups (purple & black)

3rd - Yeti lunch bag

Winners will be contacted through given information.

NAME: _____

PHONE #: _____

SELLER: _____





Pink out



Friday

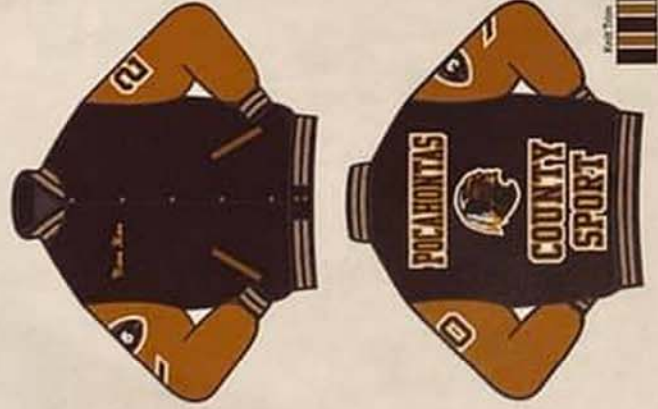
Oct 25, 2019

Wear your pink to support Breast Cancer
Awareness and help your class win the 1st
battle of the classes.



Supporting the *fighters*
Admiring the *Survivors*
Honoring the *taken*
and never, ever giving up *hope*

Pocahontas County HS Letterman Jacket Order Form



Starter Package

☐ Vinyl Sleeves

School name and mascot on back (Chenille)

Name and year date embroidered on front

Vinyl trimmed pockets

Varsity Package

Leather Sleeves

☐ School name and mascot on back (Chenille)

Name and year date embroidered on front

Leather trimmed pockets

Sizing Chart

X-Small (30-32) 2X-Large (50-52)
Small (34-36) 3X-Large (54-56)
Medium (38-40) 4X-Large (58-60)
Large (42-44) 5X-Large (62-64)
X-Large (46-48) 4X or 5X Add \$40

Jacket Personalization:

Jacket Size _____

Name (Front) _____

Grad Year _____

Add School Letter (Add \$20) ☐

Jacket Add-On Options:

Sport / Activity Back Bottom (Add \$ 25) _____

Left Sleeve Patch (Add \$15 each) _____

Right Sleeve Patch (Add \$15 each) _____

*** Write in Sport or Activity. They'll pick patch at order table.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Cell: _____

Email: _____

**** Minimum \$150 deposit or paid in full to Order. November 1st is deadline for guaranteed Pre-Christmas delivery.**

**** Jackets take approximately 6 weeks for delivery. Jackets are non-refundable because of personalization.**

Mail jacket order forms to: Jostens Po Box 920 Scott Depot, WV 25560 (681)235-3138

Jacket Price:

Add-On:

S/H:

Subtotal:

Add 6% Tax:

Total:

Amount Paid:

Balance Due:

\$9.95

Cash Check Visa M/C Discover AMEX

Card Number: _____

Exp Date: ____/____ Code on Back: _____

Amount Paid: _____ Check #: _____



Bolivia



Dominican Republic



Peru



Isabelle Allende - Writer



Chile



Colombia



Thaira-Singer



Carlos Vives-Singer



Ecuador



Panama



Costa Rica



Mexico



Evelyn Cisneros-Ballerina



Roberto Clemente-Athlete



Nancy Lopez-Athlete



Sonia Sotomayor-Judge



Puerto Rico



Guatemala



Bill Richardson-Governor



Paul Mora-Author



Ellen Ochoa-Astronaut



Nicaragua



Venezuela



Uruguay



El Salvador



Cuba



Sonia Echeverri-Mathematician



Carlos Vives-Singer

Frontier FFA Annual Fruit Sale 2013

2019

Last Day of Sale: Friday, November 21, 2019

Pocahontas

Full week of December 2, 2019

FFA Fruit

Variety	Full Box Price	Half Box Price
Florida Navel Oranges	\$31	\$16
California Navel Oranges	35	18
California Mandarin Oranges (10# bag)		20
Grapefruit	30	16
Hamlin Oranges (Juice Oranges)	26	14
Red Delicious Apples (WV grown)	23	12
Gold Apples (WV grown)	23	12
Fuji Apples (WV grown)	23	12
Granny Smith Apples (WV Grown)	23	12
Trios (navel/grft/red del)	25	
Mixed (navel/grft)		15
Fruit Basket		20
Pears (Anjou, 45 ct., tissue wrapped)		27
Summer Sausage Regular		5
Summer Sausage Jalapeno and Cheese		5

Checks made out to Pocahontas County FFA

Citrus sold in 4/5 bushel boxes that weigh about 42 lbs.

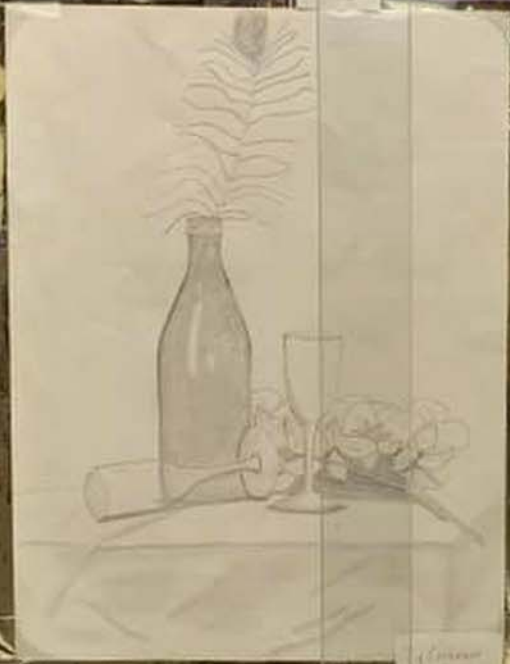
Mandarin Oranges sold in 10# bags

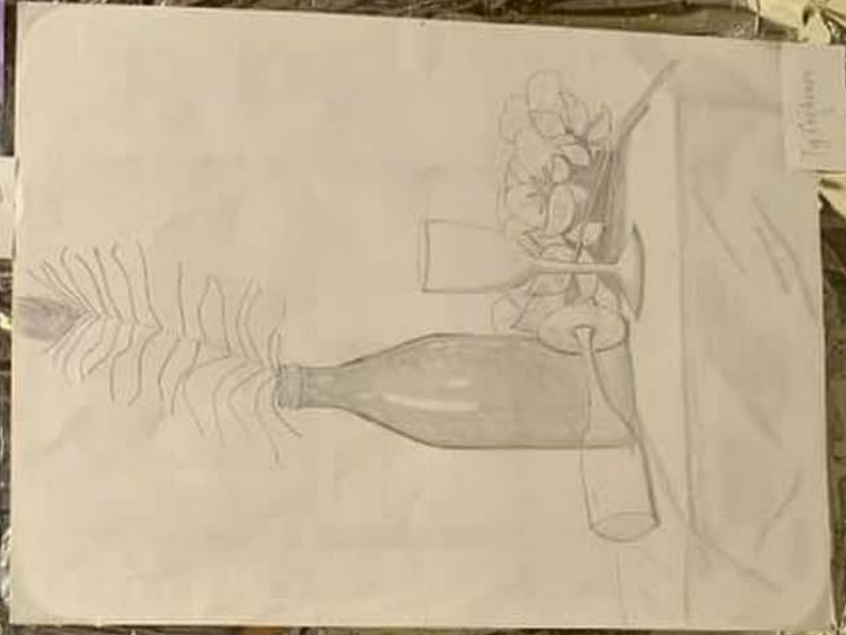
Apples sold in bushel boxes that weigh 50 lbs.

Citrus is US #1 grade Apples are Extra Fancy

Questions? Call us at **304-799-6564**

FFA members get credits toward FFA educational trips for every box sold.



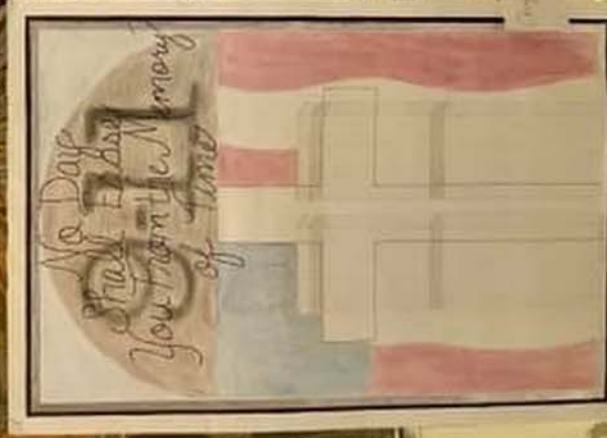




Anna Miller



Anna Miller



Anna Miller



Anna Miller

Anna Miller



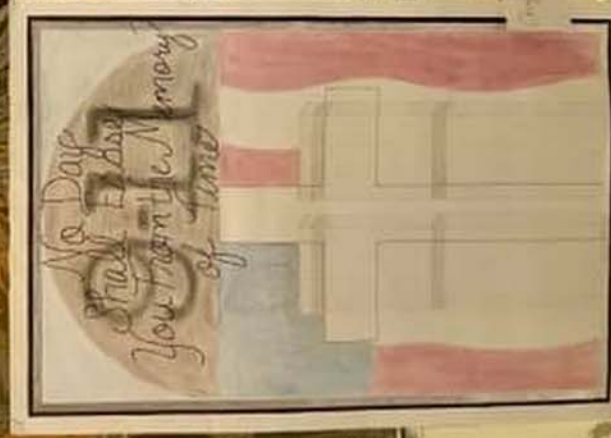
Tyler Miller



Anna Miller



Anna Miller



Anna Miller

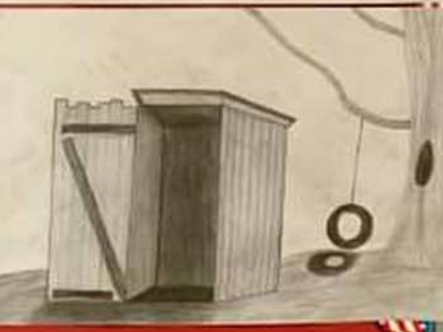


Anna Miller

Anna Miller



Tyler Miller





Door Judging Dates and Themes

October 25th – Halloween/Fall

December 13th – Christmas/Winter

February 21st – Valentine's Day

April 24th – Spring/Summer

Dress up days for the year

October 25th – Pink Out

November 22nd – Red, White, and Blue

December 10th – Socks/Bling

December 11th – Red/Santa

December 12th – Green/Grinch

December 13th – Holiday Sweater

January 31st – College/ Pro

February 21st – Maroon and Gold

March 27th – Hawaiian

April 24th – Class Color



YOU'RE INVITED TO

THE Snow Ball

This is a formal dance for all students grades 9th – 12th

Tickets will be available for purchase during lunch starting NOVEMBER 4th

Ticket Prices: \$15 per person

**Saturday
December
14th**

**7-10pm at
Opera House**

**Pickett
Fence will
take pictures**







YOUR RUNNING
BETTER THAN
OUR
GOVERNMENT



GO You Don't
Got Give
This UP!
Vote Runners
NHS GO

YOUR FEET HURT
'CAUSE YOU'RE
KICKIN' BUTT!!





















YOUR FEET HUR
CAUSE YOU'RE
KICKIN' BUTT!!

GO You Don't
Got This Give
Vote Runners GO
NHS

DO-NUT
STOP

Run Forest Run
You can do it!

YOUR RUNNING
BETTER THAN
OUR GOVERNMENT













POCAHONTAS
COUNTY HIGH SCHOOLS
FORESTRY SINCE 76

FUTURE FARMERS OF AMERICA



POCAHONTAS COUNTY CHAPTER

FFA
POCAHONTAS

FFA
POCAHONTAS





FUTURE FARMERS OF AMERICA

POCAHONTAS COUNTY CHAPTER

FFA
POCAHONTAS









#65forever



POCAHONTAS COUNTY SCHOOLS

October Breakfast and Lunch Menu 2019

National School Lunch Week – October 14-18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	<ul style="list-style-type: none"> *Egg Omelet *Cereal *Fruit <p>Beef Taco*** Tomato/Lettuce/Sour Cream Refried Beans*** Corn*** Fruit***</p>	<ul style="list-style-type: none"> *French Toast *Cereal *Fruit <p>Fish*** Diced Potatoes*** Broccoli*** Roll*** Fruit***</p>	<ul style="list-style-type: none"> *Biscuit & Gravy *Cereal *Oranges <p>Pizza*** Tossed Salad*** Corn*** Fresh Carrots*** Fruit***</p>	<ul style="list-style-type: none"> *Breakfast Pizza *Cereal *Applesauce <p>Popcorn Chicken*** Peas*** Macaroni & Cheese*** Fresh Spinach Salad*** Fruit***</p>
<ul style="list-style-type: none"> *Pancake Sausage on a Stick *Cereal *Apple <p>Turkey/Cheese Sub*** Lettuce/Tomato/Onion Pork-N-Beans*** Sweet Potato Fries*** Fruit***</p>	<ul style="list-style-type: none"> *Homemade Cinnamon Roll *Cereal *Blueberries <p>Sausage patty*** Eggs*** Hash Brown*** Biscuit*** Apple Crisp</p>	<ul style="list-style-type: none"> *Apple Stick *Cereal *Crabins <p>Meatloaf*** Mashed Potatoes*** Green Beans*** Roll*** Fruit***</p>	<ul style="list-style-type: none"> *Pretzel *Cheese Sauce *Cereal *Fruit <p>Chicken*** Caesar/Romaine Salad*** Quick Bake Potato*** Roll*** Fruit***</p>	<ul style="list-style-type: none"> *Chocolate Chip Bar *Cereal *Orange <p>Bacon Cheeseburger*** Lettuce/Tomato/Onion Ketchup/Mayo/Mustard Bun*** Broccoli*** French Fries*** Fruit***</p>
<ul style="list-style-type: none"> *French Toast *Cereal *Fruit <p>Chicken Sandwich*** Bun*** Tomato/Lettuce/Onion Ketchup/Mayo/Mustard Great Northern Beans*** Broccoli*** Fruit***</p>	<ul style="list-style-type: none"> *Pop tart *Cereal *Fruit <p>Salisbury Steak*** Mashed Potatoes*** Green Beans*** Roll*** Fruit***</p>	<p>Professional Learning Day No school for students</p>	<ul style="list-style-type: none"> *Egg Omelet *Cereal *Fruit <p>Chicken Tenders*** French Fries*** Baked Beans*** Roll*** Fruit***</p>	<ul style="list-style-type: none"> *Bagel w/Cream Cheese *Cereal *Strawberry Cup <p>Spaghetti w/Meat Sauce*** Romaine Tossed Salad*** Corn*** Roll*** Fruit***</p>
<ul style="list-style-type: none"> *Egg/Sausage Biscuit *Cereal *Orange <p>Chicken Wrap*** Black Beans*** Salsa/Sour Cream Corn*** Peaches***</p>	<ul style="list-style-type: none"> *Homemade Blueberry Square *Cereal *Fruit <p>Chili*** Grilled Cheese Sandwich*** California Blend*** Fresh Carrots*** Fruit***</p>	<ul style="list-style-type: none"> *Parfait/Smoothie *Cereal *Fruit <p>Lasagna*** Romaine Salad*** Corn*** Garlic Bread*** Fruit***</p>	<ul style="list-style-type: none"> *Breakfast Burrito *Cereal *Fruit <p>Chicken*** Diced Potatoes*** Fresh Carrots*** Birthday Cake Fruit***</p>	<ul style="list-style-type: none"> *Apple Muffin *Cereal *Fruit <p>Hot Dog*** Hot Dog Chili*** Bun*** Broccoli*** French Fries*** Fruit***</p>
<ul style="list-style-type: none"> *Pumpkin Bread *Cereal *Fruit <p>Meatball Sub*** Glazed Carrots*** Macaroni Salad*** Fruit***</p>	<ul style="list-style-type: none"> *Homemade Cinnamon Roll *Cereal *Fruit <p>Sloppy Joe*** Baked Beans*** Homemade Goleislaw*** Tater Tot*** Fresh Broccoli*** Fruit***</p>	<ul style="list-style-type: none"> *Zucchini Bread *Cereal *Fruit <p>Salisbury Steak*** Mashed Potatoes*** Green Beans*** Roll*** Fruit***</p>	<ul style="list-style-type: none"> *Apple Stick *Cereal *Crabins <p>Chicken Nuggets*** Fresh Carrots*** Oven Fries*** Breadstick*** Fresh/Mixed Fruit***</p>	

Students must take a *Fruit or Juice and two other items* for breakfast! Milk and Yogurt offered daily.
Students must take a Fruit or Vegetable*** and two other items*** for lunch! Milk and fresh fruit offered daily.

























POCAHONTAS COUNTY WARRIORS									
HOME		8:34				VISITOR			
0	3	TEL	QTR	1	TEL	3	0		
DOWN	10	TO GO		BALL ON		0			













